

Name \_\_\_\_\_

## Balancing Act: Mastering the Balance Beam in Gymnastics

### Short Answer Key

1. The balance beam is a narrow, elevated beam that stands about 4 feet off the ground, with a width of 4 inches and a length of 16 feet. Its purpose in gymnastics is to challenge gymnasts with precise, controlled routines that showcase their skills.
2. The mount is how a gymnast gets onto the beam to begin their routine, while the dismount is the final skill that allows them to exit the beam with a controlled landing.
3. Common challenges on the balance beam include managing nerves, maintaining balance, avoiding wobbles, executing acrobatic elements flawlessly, and landing securely.
4. Gymnasts incorporate artistic expression into their balance beam routines through dance elements, choreography, and body language. They convey their individual style, grace, and emotions through their movements.
5. Deductions are applied for errors such as balance checks, steps on landings, falls, lack of control, and form errors.

