

Name _____

Balancing Act: Mastering the Balance Beam in Gymnastics

Open-Ended Response Answer Key

1. Answers will vary, but students may describe mental preparation techniques such as visualization and focus, as well as physical preparations like warm-ups and practice runs.
2. Balance, precision, and control are essential on the balance beam to maintain stability and avoid deductions. Gymnasts develop these skills through practice, drills, and conditioning exercises. These skills benefit their routines by ensuring a smooth and confident performance.
3. Scoring criteria for the balance beam include Difficulty and Execution, while other apparatus may have different criteria. For example, the vault emphasizes height and distance, while the uneven bars focus on swinging and release moves.
4. Creativity and individual style allow gymnasts to make their routines unique. They can add personal touches to their choreography and movements, showcasing their personality and artistry on the balance beam.

