

Name _____

Diving into Artistic Gymnastics: Exploring the Different Events

Open-Ended Response Questions

1. Imagine you are a gymnast preparing for the balance beam event. Describe the mental and physical preparation you would go through before performing your routine.
2. Discuss the importance of artistic expression in the floor exercise event. How do gymnasts incorporate creativity into their routines?
3. Compare and contrast the uneven bars event with the vault event in terms of the skills and techniques involved.
4. How does Artistic Gymnastics promote qualities like discipline, focus, and determination in athletes? Provide examples to support your answer.

