

Name _____

Diving into Artistic Gymnastics: Exploring the Different Events

Short Answer Key

1. A floor exercise routine in Artistic Gymnastics includes tumbling passes, leaps, and dance elements performed on a spring floor to music.
2. The biggest challenge on the balance beam is maintaining balance on a narrow, four-inch-wide beam while performing complex acrobatic skills.
3. The height and distance of vaults impact a gymnast's score in the vault event as they demonstrate their explosiveness and air awareness.
4. Gymnasts demonstrate their upper body strength in the uneven bars event through dynamic swinging, releasing, and re-catching movements.
5. Artistry in the floor exercise event is displayed through expressive dance movements and creative choreography set to music.

