

Name _____

Diving into Artistic Gymnastics: Exploring the Different Events

Open-Ended Response Answer Key

1. Answers will vary, but students may describe mental preparation involving visualization and focus, as well as physical preparation such as balance drills and beam routines.
2. Artistic expression in the floor exercise event is shown through the choice of music, dance movements, and unique choreography, allowing gymnasts to convey their individual style and creativity.
3. The uneven bars event emphasizes swinging and releasing on the bars, while the vault event focuses on sprinting and launching over a vaulting table. Both events require explosiveness but differ in execution.
4. Artistic Gymnastics promotes discipline, focus, and determination by requiring athletes to adhere to strict training regimens, maintain concentration during routines, and persevere through challenges and setbacks. Examples could include rigorous training schedules and mental preparation techniques.

