

Name _____

Flipping Fun: Gymnastics Unveiled

Multiple Choice Questions

1. What is the main focus of gymnastics?
 - a. Running
 - b. Strength training
 - c. Flips and somersaults
 - d. Swimming

2. Which apparatus is known for its narrow platform, only four inches wide?
 - a. Vault
 - b. Floor exercise
 - c. Parallel bars
 - d. Balance beam

3. Where did the word "gymnastics" originate from?
 - a. Latin
 - b. French
 - c. Greek
 - d. Spanish

4. When was gymnastics introduced to the Olympics?
 - a. 1896
 - b. 1945
 - c. 2000
 - d. 1972

5. What do judges look for when evaluating gymnastics routines?
 - a. Precision, execution, artistry, and difficulty
 - b. Height of jumps
 - c. Speed of movements
 - d. Number of flips performed

