

Name _____

Flipping Fun: Gymnastics Unveiled

Short Answer Key

1. The key apparatus used in gymnastics include the floor, beam, vault, uneven bars, and parallel bars.
2. Gymnastics was practiced in the nude in ancient Greece to emphasize the beauty of the human body and the importance of physical fitness.
3. Gymnasts stay in peak physical condition through strength training, flexibility exercises, and cardiovascular workouts.
4. Judges determine deductions in gymnastics routines by looking for mistakes such as wobbles, falls, or steps out of bounds.
5. Gymnastics is considered a combination of artistry and athleticism because it combines graceful movements and dance with physically demanding skills and flips.

