

Name _____

Parallel Bars in Gymnastics: Strength and Precision on Display

Short Answer

1. Describe the parallel bars apparatus, including its dimensions and key features.
2. Explain the role of handguards or grips in gymnastics and why they are important for parallel bars routines.
3. What are some of the key skills performed on the parallel bars, and how do gymnasts execute them?
4. How do gymnasts incorporate artistic expression into their parallel bars routines?
5. How are deductions applied during the scoring of parallel bars routines, and what types of mistakes result in deductions?

