

Name _____

Parallel Bars in Gymnastics: Strength and Precision on Display

Open-Ended Response Questions

1. Imagine you are a gymnast preparing for a parallel bars routine in a major competition. Describe the mental and physical preparation you would go through before your performance.
2. Discuss the importance of upper body strength in performing skills on the parallel bars. How do gymnasts develop this strength, and how does it benefit their routines?
3. Compare and contrast the scoring criteria for the parallel bars with another gymnastics apparatus, such as the vault or floor exercise.
4. Explain the significance of creativity and individual style in a gymnast's parallel bars routine. How do gymnasts personalize their routines to stand out?

