

Name _____

Pommel Horse: The Uniquely Challenging Apparatus in Gymnastics

Short Answer

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

