

Name \_\_\_\_\_

## Pommel Horse: The Uniquely Challenging Apparatus in Gymnastics

### Open-Ended Response Questions

1. Imagine you are a gymnast preparing for a pommel horse routine in a major competition. Describe the mental and physical preparation you would go through before your performance.
2. Discuss the significance of balance and precision in executing skills on the pommel horse. How do gymnasts develop these skills, and how do they benefit their routines?
3. Compare and contrast the scoring criteria for the pommel horse with another gymnastics apparatus, such as the uneven bars or vault.
4. Explain the importance of rhythm and fluidity in a gymnast's pommel horse routine. How do gymnasts create a seamless and captivating performance on this apparatus?

