

Name _____

Pommel Horse: The Uniquely Challenging Apparatus in Gymnastics

Open-Ended Response Answer Key

1. Answers will vary, but students may describe mental preparation techniques such as visualization and focus, as well as physical preparations like warm-ups and practice runs.
2. Balance and precision are critical in executing skills on the pommel horse. Gymnasts develop these skills through practice, core strength training, and improving their body awareness, benefiting their routines by ensuring stability and control.
3. Scoring criteria for the pommel horse include Difficulty and Execution, while other apparatus may have different criteria. For example, the uneven bars emphasize swinging elements, while the vault focuses on height and distance.
4. Rhythm and fluidity are essential for a captivating pommel horse routine. Gymnasts create this by maintaining a steady pace, connecting elements seamlessly, and emphasizing grace in their movements, captivating both judges and the audience.

