

Name \_\_\_\_\_

## Rings in Gymnastics: Defying Gravity with Strength and Control

### Open-Ended Response Questions

1. Imagine you are a gymnast preparing for a rings 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 rings. How do gymnasts develop this strength, and how does it benefit their routines?
3. Compare and contrast the scoring criteria for rings with another gymnastics apparatus, such as the vault or floor exercise.
4. Explain the significance of creativity and individual style in a gymnast's rings routine. How do gymnasts personalize their routines to stand out?

