

Name _____

Rings in Gymnastics: Defying Gravity with Strength and Control

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. Upper body strength is crucial for performing skills on the rings. Gymnasts develop this strength through conditioning exercises and specific training on the apparatus, benefiting their routines by enabling them to perform demanding elements.
3. Scoring criteria for rings include Difficulty and Execution, while other apparatus may have different criteria. For example, the vault emphasizes height and distance, while the floor exercise focuses on choreography and tumbling.
4. Creativity and individual style in rings routines allow gymnasts to make their performances unique. They can add personal touches to their choreography and movements, showcasing their personality and artistry on the apparatus.

