

Name _____

Uneven Bars: Dynamic Skills and Swings in Gymnastics

Short Answer

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

