

Name \_\_\_\_\_

## Uneven Bars: Dynamic Skills and Swings in Gymnastics

### Short Answer Key

1. The uneven bars consist of two horizontal bars set at different heights, with the higher bar at approximately 8 feet and the lower bar at about 5.5 feet. They are made of fiberglass with a steel core, allowing for slight flexibility.
2. Grips are essential in gymnastics to protect the hands and provide a better grip on the apparatus. They prevent blisters and help gymnasts maintain control during swings and releases.
3. Key skills on the uneven bars include swings, releases (such as somersaults), transitions, and dismounts. Gymnasts execute these skills with precision, coordination, and control.
4. Gymnasts incorporate artistic expression into their uneven bars routines through choreography, body language, and graceful movements. They convey their unique style and personality, enhancing the overall performance.
5. Deductions are applied for errors such as form errors, missed connections, incomplete rotations, steps on landings, and falls.

