

Name _____

Uneven Bars: Dynamic Skills and Swings 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. Precision and timing are critical in executing releases and catches on the uneven bars to ensure safety and success. Gymnasts develop these skills through practice, drills, and repetition, benefiting their routines by allowing them to perform daring elements with control.
3. Scoring criteria for the uneven bars include Difficulty and Execution, while other apparatus may have different criteria. For example, the balance beam emphasizes balance and grace, while the floor exercise highlights choreography and tumbling.
4. Artistic expression and choreography in uneven bars routines allow gymnasts to showcase their unique style and creativity. They personalize their routines through choices of music, dance elements, and performance flair, adding an artistic dimension to their skills.

