

Name _____

Vaulting in Gymnastics: The Art of the Perfect Launch

Open-Ended Response Questions

1. Imagine you are a gymnast preparing to perform a vault in a major competition. Describe the mental and physical preparation you would go through before your performance.
2. Discuss the importance of a secure landing in vaulting and the potential deductions that can occur if the landing is not executed properly.
3. Compare and contrast the roles of the springboard and the vaulting table in a gymnast's vaulting routine. How do these components work together to create a successful vault?
4. Explain the significance of Difficulty and Execution scores in vaulting and how they contribute to a gymnast's final score. Provide examples of deductions that may be applied during the Execution score.

