

Name _____

Vaulting in Gymnastics: The Art of the Perfect Launch

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. A secure landing is essential in vaulting to avoid deductions and ensure a high score. Deductions can occur for steps on landing, balance checks, and lack of control.
3. The springboard provides the necessary bounce and height for the vault, while the vaulting table serves as the landing platform. These components work together to allow the gymnast to execute their vault with precision and control.
4. Difficulty and Execution scores contribute to a gymnast's final score in vaulting. Difficulty reflects the complexity of the chosen vault, while Execution evaluates the quality of the performance. Deductions for mistakes, such as form errors and balance checks, may be applied during the Execution score.

