

Name: _____

Date: _____

Gymnastics Challenge

Complete the activity.



- ___ 1. A five-meter beam 10 centimeters wide and 1.2 meters above the floor, used for routines involving leaps, turns and tumbling moves
A. Release B. Balance beam C. Dismount D. Stick
- ___ 2. A move from a position below an apparatus to a position above it
A. Kip B. Dismount C. Scale D. Compulsories
- ___ 3. Maneuvers selected by the gymnast which portray their best skills
A. Balance beam B. Optionals C. Thomas flares D. Compulsories
- ___ 4. Straddle leg rotations on the pommel horse
A. Compulsories B. Thomas flares C. Scale D. Aerial
- ___ 5. To leave an apparatus at the end of a routine
A. Balance beam B. Dismount C. Scale D. Kip
- ___ 6. Pre-designed routines that contain specific movements required of all gymnasts
A. Scale B. Dismount C. Compulsories D. Release
- ___ 7. A balance on one leg, with the other leg raised backwards, sideways or forwards and the upper body lowered slightly
A. Balance beam B. Scale C. Aerial D. Compulsories
- ___ 8. A maneuver where a gymnast completes a full rotation in the air without touching the apparatus
A. Aerial B. Release C. Dismount D. Scale
- ___ 9. To complete a landing without taking any steps
A. Aerial B. Stick C. Optionals D. Kip
- ___ 10. To leave the bar to perform a move before grasping it again
A. Scale B. Thomas flares C. Dismount D. Release