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