



Overview



- Gymnastics is a sport that combines physical strength, flexibility, balance, coordination, and grace. It includes various disciplines, such as artistic, rhythmic, trampoline, and acrobatic gymnastics. Gymnasts perform routines that involve complex movements, flips, balances, and swings.
- Gymnastics helps build core strength, body awareness, and flexibility, making it a fundamental sport for physical development.
- It is a structured sport with routines performed individually or in teams, scored by judges based on difficulty, execution, and artistry.

Guidance

- Scoring: Gymnasts are scored on difficulty (complexity of movements) and execution (precision, control, and artistry). Points are deducted for mistakes, such as falls or wobbles.
- Apparatus for Men: Includes floor, pommel horse, rings, vault, parallel bars, and horizontal bar.
- Apparatus for Women: Includes floor, vault, uneven bars, and balance beam.
- Routine Requirements: Routines should include a combination of elements like jumps, turns, holds, and acrobatics. Gymnasts must meet specific criteria in competitive routines, such as including a certain number of skills from different difficulty categories.
- Safety Guidelines: Coaches should ensure gymnasts follow warm-ups and safety procedures, use mats, and practice under supervision, especially for advanced skills.

Further Support

- Fédération Internationale de Gymnastique (FIG): The international governing body for gymnastics, organizing competitions such as the World Championships and Olympics. [FIG Website](#)
- British Gymnastics: Governs gymnastics activities in the UK, offering programs for gymnasts of all levels. [BritishGymnastics Website](#)

Did you know?

Origins: Gymnastics traces back to ancient Greece and was formalized as a sport in the 19th century in Germany and Sweden.

Olympic Sport: Gymnastics has been part of the modern Olympic Games since 1896 for men and 1928 for women.

Health Benefits: Gymnastics helps improve flexibility, strength, coordination, and body control and is beneficial for developing confidence and discipline.

Skills

Balance: Core stability and body control to hold positions such as handstands and scales.

Flexibility: The ability to perform splits, bridges, and other movements requiring a wide range of motion.

Strength: Core, arm, and leg strength are essential for skills like handstands, jumps, and swings.

Coordination: Essential for complex movements involving multiple body parts, like flips and twists.

Spatial Awareness: Knowing one's body position in the air and during routines helps with safe landings and proper alignment.

Discipline and Focus: The sport requires concentration and mental strength to master challenging movements and routines.

Vocabulary

Routine

Apparatus

Dismount

Tuck

Pike

Straddle

Star

Split

Handstand

Cartwheel

Balance

Somersault

Coordination