

GYMNASTICS

PACKET # 12

INSTRUCTIONS

This Learning Packet has two parts: (1) text to read and (2) questions to answer.

The text describes a particular sport or physical activity, and relates its history, rules, playing techniques, scoring, notes and news.

The Response Forms (questions and puzzles) check your understanding and appreciation of the sport or physical activity.

INTRODUCTION

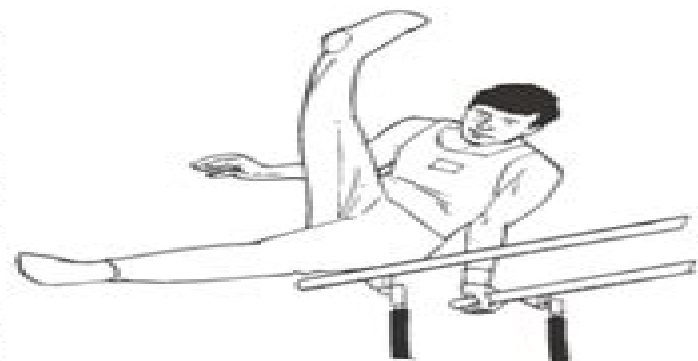
Some people consider gymnastics to be the purest of all sports or athletic activities. The human body can perform movements that are exquisite to behold. For this reason, gymnastics is visually exciting. Yet many casual viewers and enthusiasts alike do not realize how much dedication, skill and training are required on the part of gymnastic performers.

Gymnastics has grown in popularity in the United States, perhaps due to the good press given to this sport in recent Olympic competitions. Currently, there are about 40,000 competing gymnasts in the United States.

HISTORY OF GYMNASTICS

Gymnastics has been popular since ancient Greece. However, "modern" gymnastics began only in the 1820s, when Ludwig Jahn founded gymnasiums, called "Turnverein," throughout Germany. Jahn also invented equipment, including parallel bars, the horizontal bar, rings and the horse. This equipment is still in use today.

The first gym club was built in America in 1850. The first college to train teachers in



Physical Education Packets 13 Gymnastics

R Barnett



Physical Education Packets 13 Gymnastics:

American Physical Education Review ,1914 Includes abstracts of magazine articles and Book reviews *The Journal of Education* ,1893 **Journal of Health, Physical Education, Recreation** ,1963 *Fitnessgram Administration Manual*, 5E The Cooper Institute,2016-12-02 With the fifth edition of FitnessGram Administration Manual The Journey to MyHealthyZone K 12 teachers can conduct record interpret and share results for numerous health related fitness assessments They can create personalized reports for students and document outcomes in the five components of health related fitness *Journal of Physical Education and Recreation* ,1975 **Resources in Education** ,1988 *Associations' Publications in Print* ,1981 1981 in 2 v v 1 Subject index v 2 Title index Publisher title index Association name index Acronym index Key to publishers and distributors abbreviations International Gymnast ,1977 *Catalogue of the Educational Division of the South Kensington Museum* ,1867 **Journal of Education and School World** ,1918

Reviewing **Physical Education Packets 13 Gymnastics**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Physical Education Packets 13 Gymnastics**," an enthralling opus penned by a very acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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Physical Education Packets 13 Gymnastics Introduction

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