

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 Learning Packets 12 Gymnastics

Answers

Padhraic Smyth



Physical Education Learning Packets 12 Gymnastics Answers:

Adopting the Song of Phrase: An Mental Symphony within **Physical Education Learning Packets 12 Gymnastics Answers**

In a world eaten by displays and the ceaseless chatter of instantaneous connection, the melodic beauty and psychological symphony developed by the published term usually fade into the back ground, eclipsed by the constant sound and disruptions that permeate our lives. But, nestled within the pages of **Physical Education Learning Packets 12 Gymnastics Answers** a marvelous fictional treasure full of organic thoughts, lies an immersive symphony waiting to be embraced. Constructed by a masterful composer of language, that interesting masterpiece conducts viewers on a psychological journey, skillfully unraveling the concealed songs and profound impact resonating within each carefully crafted phrase. Within the depths of this touching review, we shall discover the book is key harmonies, analyze their enthralling publishing design, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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