

# **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**

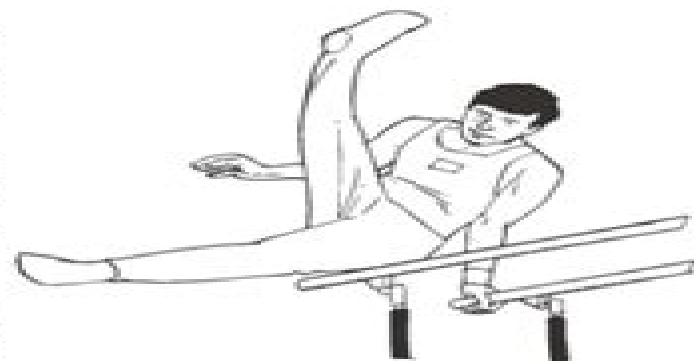
Some people consider gymnastics to be the purest of all sports or athletic activities. The human body can perform movements that are exquisite to behold. For this reason, gymnastics is visually exciting. Yet many casual viewers and enthusiasts alike do not realize how much dedication, skill and training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

**TD Snyder**



## **Physical Education Learning Packets 12 Gymnastics Answers:**

## Whispering the Secrets of Language: An Emotional Journey through **Physical Education Learning Packets 12 Gymnastics Answers**

In a digitally-driven earth wherever monitors reign great and instant connection drowns out the subtleties of language, the profound techniques and emotional nuances concealed within words usually get unheard. Yet, located within the pages of **Physical Education Learning Packets 12 Gymnastics Answers** a fascinating literary prize blinking with organic emotions, lies an extraordinary journey waiting to be undertaken. Written by a skilled wordsmith, that enchanting opus attracts readers on an introspective journey, gently unraveling the veiled truths and profound influence resonating within the very fabric of every word. Within the mental depths of this poignant evaluation, we can embark upon a sincere exploration of the book's key subjects, dissect its fascinating writing type, and fail to the powerful resonance it evokes serious within the recesses of readers' hearts.

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