

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 Answer Key

Gymnastics

R Bogdan



Physical Education Learning Packets Answer Key Gymnastics:

Personalized Learning in Physical Education American Alliance for Health, Physical Education, and Recreation, 1976

Resources in Education ,1988 Research in Education ,1973 THE EDUCATIONAL TIMES, AND JOURNAL OF THE COLLEGE OF PRECEPTORS C.F. HODGSON,1871 *Normal Instructor and Teachers World* ,1921 *The Advocate* ,2001-08-14 The Advocate is a lesbian gay bisexual transgender LGBT monthly newsmagazine Established in 1967 it is the oldest continuing LGBT publication in the United States *El-Hi Textbooks in Print* ,1973 Research in Education ,1973 Grade Teacher ,1968 **Instructor** ,1967 The Examiner ,1855 **Working Mother** ,2003-10 The magazine that helps career moms balance their personal and professional lives **The Advocate** ,2001-08-14 The Advocate is a lesbian gay bisexual transgender LGBT monthly newsmagazine Established in 1967 it is the oldest continuing LGBT publication in the United States *Physical Education Gymnastics for Men and Women* Loyd J. Huval,1975 Gymnastics for Physical Education ,1967 **Physical Education Gymnastics for Men and Women** Loyd J. Huval, An Apparatus Gymnastics Knowledge Test for College Men in Professional Physical Education Ernest Joseph Gershon,1954 **Animal Gymnastics** Supportive Learning Publications,1994 **National Curriculum Resource Pack for Physical Education** British Amateur Gymnastics Association,1993 **Daily physical education** ,1982

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the central nervous system cns and the peripheral nervous system pns the cns includes the brain and spinal cord the brain is the body's control center

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