

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

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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 **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 **Journal of Physical Education and Recreation** ,1975 **International Gymnast** ,1977 **The London County Council Gazette** ,1910
Resources in Education ,1988 **Catalogue of the Educational Division of the South Kensington Museum** ,1867
Journal of Health, Physical Education, Recreation ,1963 *Physical Education for Children* Elizabeth Halsey,Lorena Ray Porter,1963 Journal of Education and School World ,1918 **El-Hi Textbooks & Serials in Print, 2003** ,2003 The Lancet London ,1855 Elementary Physical Education Robert G. Davis,1979 **Prosperity Or Pauperism?** Reginald brabazon Meath (12th earl of),1888 The Gardeners' Chronicle and Agricultural Gazette ,1848
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