

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

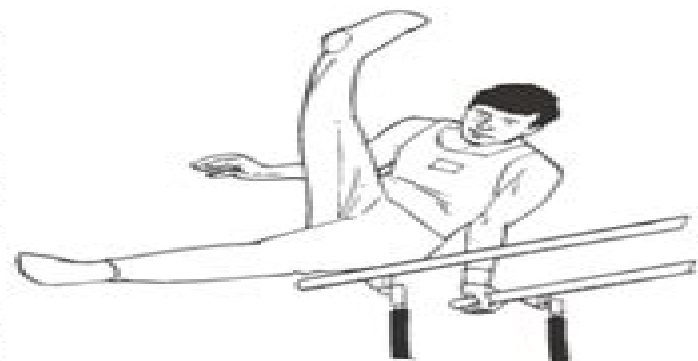
Some people consider gymnastics to be the purest of all sports or athletic activities. The human body can perform movements that are exquisite to behold. For this reason, gymnastics is visually exciting. Yet many casual viewers and enthusiasts alike do not realize how much dedication, skill and training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

Victor M. Corman

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

Physical Education Packets 13 Gymnastics Answer Key:

Whispering the Secrets of Language: An Emotional Journey through **Physical Education Packets 13 Gymnastics Answer Key**

In a digitally-driven earth wherever screens reign supreme and instant connection drowns out the subtleties of language, the profound strategies and mental subtleties concealed within words usually get unheard. However, located within the pages of **Physical Education Packets 13 Gymnastics Answer Key** a interesting fictional treasure pulsing with organic feelings, lies an extraordinary journey waiting to be undertaken. Published by a talented wordsmith, that enchanting opus attracts visitors on an introspective trip, gently unraveling the veiled truths and profound influence resonating within the fabric of every word. Within the mental depths with this poignant review, we will embark upon a honest exploration of the book is key subjects, dissect its charming publishing fashion, and yield to the powerful resonance it evokes deep within the recesses of readers hearts.

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