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.

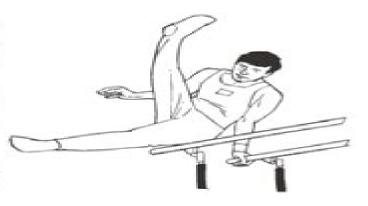
Gymnastics has grown in popularity in the United States, perhaps due to the good press given to this sport in recent Olympic competitions. Currently, there are about 40,000 competing gymnasts in the United States.

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

David Kirk

Physical Education Packets 13 Gymnastics Answer Key:

publication in the United States

El-Hi Textbooks in Print ,1981 **Resources in Education** ,1988 The Journal of Education ,1893 Education THE EDUCATIONAL TIMES, AND JOURNAL OF THE COLLEGE OF PRECEPTORS C.F. Outlook ,1892 Normal Instructor ,1912 Index to the Christian Science Monitor ,1972 Cumulated Index of HODGSON,1871 "The" the Christian Science Monitor .1975 Normal Instructor and Teachers World .1912 Instructor .1967 **Illustrated London News** ,1854 The Examiner ,1855 The Athenæum, 1843 Working Mother, 2003-10 The magazine that helps career moms balance their personal and professional lives Paperbound Books in Print ,1991 Athenaeum and Literary Chronicle, 1843 **Grade Teacher** .1968 **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

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