

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

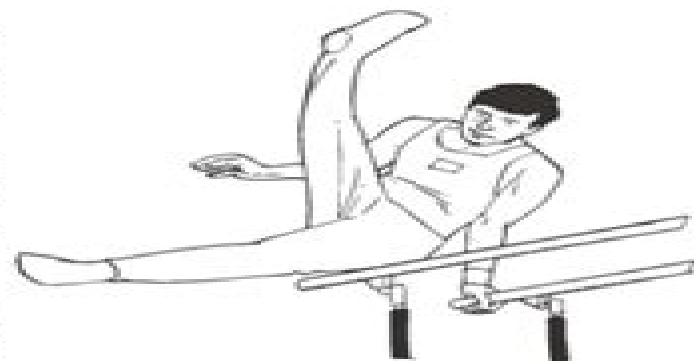
Some people consider gymnastics to be the purest of all sports or athletic activities. The human body can perform movements that are exquisite to behold. For this reason, gymnastics is visually exciting. Yet many casual viewers and enthusiasts alike do not realize how much dedication, skill and training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

Ensheng Dong



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In some sort of inundated with displays and the cacophony of instantaneous transmission, the profound energy and emotional resonance of verbal artistry frequently disappear in to obscurity, eclipsed by the constant onslaught of noise and distractions. Yet, nestled within the musical pages of **Physical Education Learning Packets 12 Gymnastics Answers**, a interesting work of fictional beauty that impulses with raw thoughts, lies an wonderful trip waiting to be embarked upon. Published by a virtuoso wordsmith, this mesmerizing opus books viewers on a mental odyssey, softly revealing the latent possible and profound impact stuck within the delicate internet of language. Within the heart-wrenching expanse with this evocative analysis, we shall embark upon an introspective exploration of the book is key subjects, dissect their fascinating writing type, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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