

Class 4 Flashcards: Gymnastics

Learning objective: To understand key terms and concepts related to gymnastics

Match the term with the correct definition. Read each card carefully and choose the correct answer.

A person who performs gymnastics is called a [TERM]: [definition] Gymnast, a person who performs gymnastics	A 'spotter' is a [TERM]: [definition] Spotter, a person who helps gymnasts during their routines
Gymnasts use many 'apparatus' during their routines, including the [TERM]: [definition] Apparatus, equipment used in gymnastics, Balance beam	A 'tumble' is a type of [TERM]: [definition] Tumble, a jump or fall in gymnastics
Gymnasts perform their routines on different 'apparatus', including the [TERM]: [definition] Apparatus, equipment used in gymnastics, Vault	A 'gymnastics club' is a place where people can go to [TERM]: [definition] Gymnastics club, a place to practice and learn gymnastics
A 'spotter' helps the gymnast to [TERM]: [definition] Spotter, a person who helps gymnasts during their routines, to stay safe	In a 'floor routine', gymnasts perform [TERM]: [definition] Floor routine, a gymnastics routine performed on the floor, tumbling passes
Gymnasts use their strength and control to perform a [TERM]: [definition] Vault, a gymnastics apparatus, a jump over a vault	A 'balance beam' is a [TERM]: [definition] Balance beam, a gymnastics apparatus, a narrow beam to walk along
What might happen if a gymnast doesn't warm up before their routine? Justify your answer.	Compare and contrast the different 'apparatus' used in gymnastics. How do they challenge gymnasts in different ways?