

Leap into Gymnastics

Get ready to flip, jump, and tumble your way into the world of gymnastics!

- What is the main goal of a gymnast when performing a routine?
- What type of equipment is used for the most challenging vaults in gymnastics?
- Which piece of apparatus requires the greatest balance and poise for gymnasts to master?
- What type of exercise is often performed on the floor in gymnastics competitions?
- Why is fitness an essential part of a gymnast's training?

Did you know? Did you know that gymnastics can help you become stronger, more flexible, and better coordinated?

Key vocabulary: gymnast · vault · balance beam · springboard · floor exercise · fitness · strength