

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

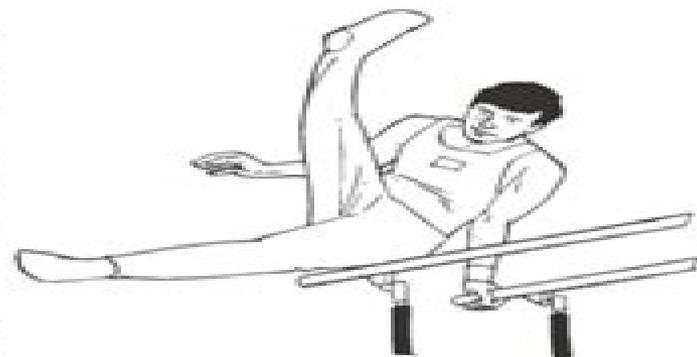
Some people consider gymnastics to be the purest of all sports or athletic activities. The human body can perform movements that are exquisite to behold. For this reason, gymnastics is visually exciting. Yet many casual viewers and enthusiasts alike do not realize how much dedication, skill and training 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 Packet 12 Gymnastics

Guillaume Favre



Physical Education Learning Packet 12 Gymnastics:

Whispering the Techniques of Language: An Mental Journey through **Physical Education Learning Packet 12 Gymnastics**

In a digitally-driven world wherever displays reign great and immediate transmission drowns out the subtleties of language, the profound strategies and emotional nuances concealed within phrases frequently move unheard. Yet, located within the pages of **Physical Education Learning Packet 12 Gymnastics** a fascinating fictional treasure blinking with fresh thoughts, lies a fantastic journey waiting to be undertaken. Composed by a talented wordsmith, this wonderful opus encourages viewers on an introspective journey, softly unraveling the veiled truths and profound impact resonating within the very fabric of every word. Within the psychological depths of this moving evaluation, we can embark upon a sincere exploration of the book is core themes, dissect its charming writing fashion, and succumb to the powerful resonance it evokes serious within the recesses of readers hearts.

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