

## Gymnastics

Artistic Gymnastics is now one of the most popular summer Olympic sports.

Friedrich Jahn, a teacher in Germany created modern gymnastics in 1811. He invented some of the equipment used in the sport called apparatus.

Gymnastics involves exercises on balance beam, floor exercise, uneven bars and vault (for women ), and pommel horse, high bar, still rings, parallel bars, floor exercise and vault (for men ).

We would like to introduce the women's events :



### Vault

Gymnasts sprint down a 25 meter runway, jump onto a springboard, land inverted on the hands on the vaulting table- approx.1m x 1m and 1.35m high, then block off of this platform to a two footed landing.

### Uneven Bars

They are two flexible bars set at different heights. The upper bar is 2.4m from the floor and the lower bar is 1.6m above the floor but the width may be adjusted.

Gymnasts perform circling, swinging, and release moves that may pass over, under, and between the two bars.

### Floor

The floor mat is a large 12m x 12m square called a sprung floor. Gymnast usually performs three or four tumbling passes that include three or more skills. Girl routines are set to music 70-90 seconds long and focus on dance and tumbling.



### Balance Beam

It is a wooden beam 10cm wide, 5m long and is set 1.2m above the ground. Gymnast performs a routine from 60-80 seconds in length consisting of leaps, turns, somersaults, acrobatic skills and dance elements on a padded sprung beam.

-----Test your gymnastics knowledge-----

**Q1: Who is the father of gymnastics?**

**A1: Friedrich Jahn**

**Q2: How many artistic events do girls compete in?**

**A2: Four**

**Q3: What is gymnastics equipment called?**

**A3: Apparatus**