

GYMNASTICS



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Gymnastics

Gymnastics is both an individual and a team sport.



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It involves performing a number of routines (exercises) on the floor or on a special apparatus like rings,



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pommel horse, beam, etc.



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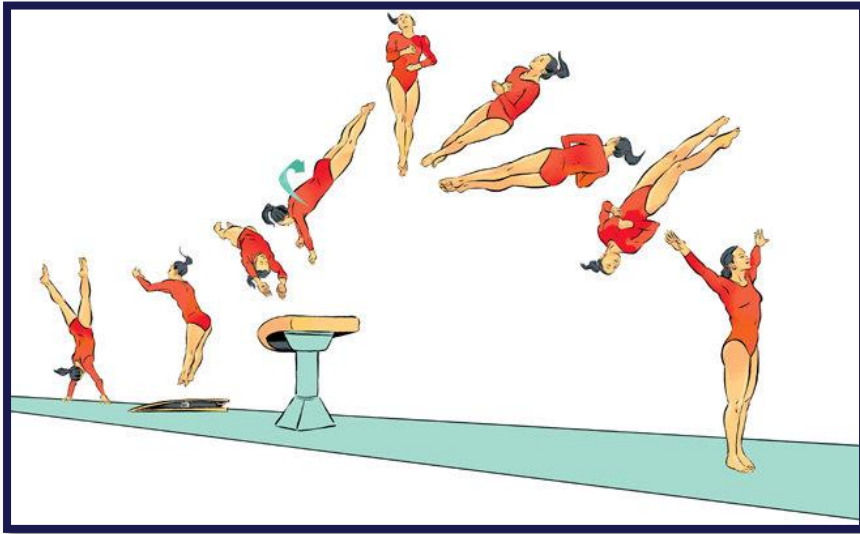


Gymnastics is classified into Artistic Gymnastics and Rhythmic Gymnastics.



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Artistic gymnastics is performed on apparatuses and on mats.



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Male gymnasts wear sleeveless T-shirt and white trousers,



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while female gymnasts wear
leotard.



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They both wear hand grips to protect the skin of their hands, and slippers on their feet.



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Gymnastics is played in a gymnasium.
Every gymnasium includes women
apparatus and men apparatus.



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The equipment used in rhythmic gymnastics: Rope, Hoop, Ball, Clubs, Ribbon.



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Men apparatuses used in gymnastics are:

1. Horizontal Bar



2. Parallel Bars



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3. Pommel Horse



4. Rings



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The women apparatuses used in gymnastics are:

1. Uneven Bars



2. Beam



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Floor exercises



Vault



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Rhythmic Gymnastics

It is the sport in which individual competitors or pairs, trios or even more (generally five) use one or two of the following equipment: rope, hoop, ball, clubs and ribbon.



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Q: Mention the equipment used in rhythmic gymnastics:

1. Rope
2. Hoop
3. Ball
4. Clubs
5. Ribbon.

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Q/ Mention the apparatuses used in gymnastics:

1. Horizontal Bars
2. Parallel Bars
3. Uneven Bars
4. Pommel Horse
5. Beam

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Q/ Find, Circle and Correct the wrong words only:

1. Gymnastics is both an individual and a **contact** sport. Team

2. It involves performing a number of **bouts**.
Routines (exercises)

3. Gymnastics includes special **skills** like rings, pommel horse, beam etc. Apparatuses

4. Gymnastics is classified into artistic gymnastics and **mathematic** gymnastics.

Rhythmic

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5. **Freestyle** gymnastics is performed on apparatuses and on mats. Artistic
6. Male gymnast wears sleeveless-shirt and **black** trousers. White
7. Female gymnast wears **skirt**. Leotard
8. **None** wear slippers on their feet and hand grips to protect the skin of their hands. They
9. Gymnastics is played in a **ring**. Gymnasium
10. Every gymnasium **doesn't include** women apparatus and men apparatus. Includes

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