

GYMNASTICS

3º e.s.o.

Gymnastics evolved from exercises used by the ancient Greeks that included skills for mounting and dismounting a horse, and from circus performance skills.

Gymnastics is a sport involving the performance of exercises requiring **strength, flexibility, balance** and **control**.

Internationally, all events are governed by the **Fédération Internationale de Gymnastique (FIG)**. FIG disciplines include: women's and men's **artistic gymnastics**, **rhythmic gymnastics** (women's only), **trampolining** and **tumbling**, and **aerobic gymnastics**.

Competitive artistic gymnastics is the best known of the gymnastic events. It typically involves the women's events of **vault, uneven bars, balance beam, and floor exercise**. Men's events are **floor exercise, pommel horse, still rings, vault, parallel bars, and the high bar**.

These are the most known floor exercises:

forward somersault

- put your **hands** on the **mat**
- **nape** on the mat, do not touch with your head
- **curl up**: round your body, chin and knees to chest
- push forward hard and follow a straight line
- stand up **without** using **hands**
- keep **legs together** (do not cross legs)



assistant help:
one hand on the nape
one hand on the shin

backward somersault

- put hands on the mat(fingers pointing at the shoulders)
- curl up: round your body, knees to chest
- **chin to chest**
- **push** enough with your legs, follow a **straight** line
- stand up **without** using **hands**
- keep **legs together** (do not cross legs)
- **open** legs
- **extended** knees

assistant help:
one hand on the nape
one hand on the low back



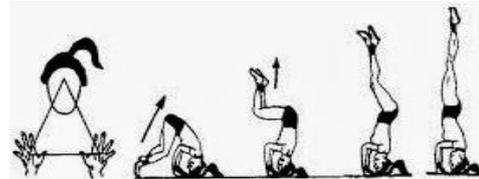
candlestick

- **head, nape** and **shoulders** support your body
- keep your **knees** and **ankles straight**
- keep a vertical line with your trunk and legs
- keep **hands on the floor**



headstand

- **hands and head** draw a **triangle**
- put your head on the floor, not your forehead
- keep a **vertical line** with your head, trunk and legs
- **ankles** and **knees** must be **together** and **extended**



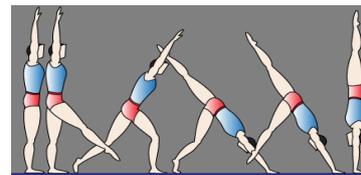
assistant help (candlestick, headstand and handstand):

one hand on the shin

one hand on the low back

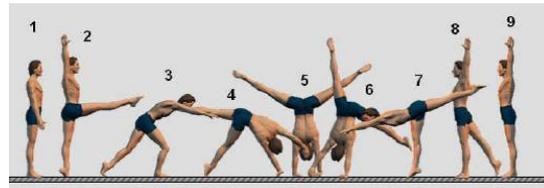
handstand

- **fingers** must **point forwards**
- start **launching one leg extended**
- keep your **elbows extended**
- keep a **vertical line** with your head, trunk and legs
- **ankles** and **knees** must be **together** and **extended**



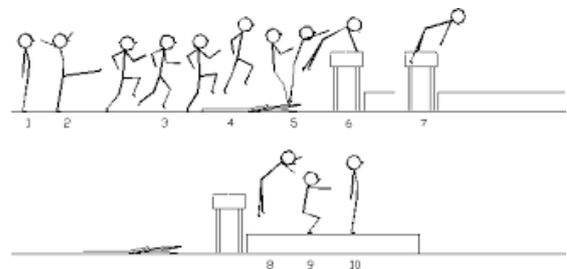
cartwheel

- **1-3. start looking forward(not sideways)**
- 4-6. **fingers** must point **outwards**
- 4-8. follow the order: **hand-hand-leg-leg**
- 1-9. all **supports** on the same **line**
- 5. **open** and **extend** your **legs**
- 7-9. finish **looking back**



Vaulting horse

- **Jump** with both **feet together**
- Put **both hands** on the horse
- **Open** your **legs**
- **Land** with both **feet together**



Dive roll



- **Jump with both feet together**
- Try to extend your body
- **Land** with your **hands**
- Roll (somersault)
- Stand up without using your hands