

UNIT 1: FUNDAMENTALS OF GYMNASTICS**CONTENTS**

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1.0 INTRODUCTION

Children generally like and enjoy playing. They run, jump and climb obstacles. A number of these movements are found in gymnastics events. Gymnastics activities may be localized based on history and culture of societies. In this unit, you will learn about history of gymnastics.

2.0 OBJECTIVE

At the end of this unit, you should be able to narrate brief history of gymnastics.

2.1 HOW TO STUDY THIS UNIT

- 1. Read this unit at least twice carefully
- 2. Take note of important points
- 3. Attempt all the exercises in this unit
- 4. Obey all the rules and regulations so as to benefit from this unit.

3.0 MAIN CONTENT**3.1 HISTORY OF GYMNASTICS**

Gymnastic was introduced in early Greek civilization to facilitate bodily development through a series of exercises that included running, jumping, swimming, throwing, wrestling, and weight-lifting. Many basic gymnastics events were practiced in some form before the introduction of gymnastics by Greeks. Physical fitness was a highly valued attribute in ancient Greece, and both men and women participated in vigorous gymnastic exercises. The Romans, after conquering Greece, developed the activities into more formal sports, and they used the gymnasia to physically prepare their legions for warfare. With decline of Rome, however, interest in gymnastics dwindled, with tumbling remaining as a form of entertainments.

3.2 MODERN GYMNASTICS

In the year 1774, a Russian, Johann Benhard Basedow included physical exercises with other forms of instruction at his school in Dessau Saxony. This action began the modernization of gymnastics and also trust the Germanic countries into the forefront in the Sports. In the late 1700s Friedrich Ludwig Jahn of Germany developed the side bar, the horizontal bar, the parallel bars, the balance beam, and the jumping events. He, more than anyone else is considered the father of modern gymnastics.

Modern Competition

Modern gymnastics was on the schedule of the first Summer Olympic Games in 1895, and it has been on Olympics agenda continually since 1924 while Olympic gymnastics competition for women began in 1952 with all-round competition (Babalola, 2010).

The introduction of organized gymnastics into Nigeria dates back to the introduction and development of Western Education in Nigeria. The missionaries, American Peace Corps men and women and the Army, were those that brought modern gymnastics into Nigeria. Physical training (P.T) and exercises which were emphasized in schools, colleges and higher institutions had programme of activities that included gymnastics. However, gymnastics as a competitive sport may be regarded as new in Nigeria. The gymnastics Association of Nigeria (G.A.N) was founded in 1975. State Associations are being organized in all the states. Inter-state gymnastic competitions are being organized in Nigeria since 1981. Nigeria gymnasts are now being prepared for international competitions (Egenege, Nwokeji & Agwubike, 2011).

ACTIVITY

1. Explain the history of gymnastics
2. Explain modern competition in gymnastics

4.0 SUMMARY

You have learnt in this unit, the history of gymnastics; modern gymnastics and modern competition in gymnastics. Gymnastics activities may be localized based on history and culture of societies.

5.0 TUTOR-MARKED ASSIGNMENT

Describe gymnastics activities in your local area.

6.0 REFERENCES

Babalola, J.F. (2010). *Handbook of Practical Physical Education*. Ibadan; University of Ibadan Press.

Egenege, J.A. Nwokeji, L. N. & Agwubike, E.O. (2011). *Physical Education for Junior Secondary Schools*. Abeokuta: HEBN Publishers PLC.

UNIT 2: DEFINITION, AIMS AND OBJECTIVES OF GYMNASTICS**CONTENTS**

- 1.0 Introduction
- 2.0 Objectives
- 2.1 How to Study this Unit
- 3.0 Main Content
- 3.1 Definition, Aims and Objectives of Gymnastics
- 4.0 Summary
- 5.0 Tutor-Marked Assignment
- 6.0 Reference

1.0 INTRODUCTION

In this unit, you will learn about the definition, aims and objectives of gymnastics.

2.0 OBJECTIVES

At the end of the lesson you should be able to;

- a. Define gymnastics
- b. State three Aims and Objectives of gymnastics

2.1 HOW TO STUDY THIS UNIT

- 1. Carefully read this unit twice
- 2. Take note of all the important points in the unit
- 3. Attempt all activities and assignments in this unit. Do not look at the answer provided for this unit before you attempt the activities in the unit.

3.0 MAIN CONTENT**3.1 DEFINITION, AIMS AND OBJECTIVES OF GYMNASTICS**

Gymnastics is a sport involving performance of exercises requiring physical strength, flexibility, agility, coordination, balance and grace. Artistic gymnastics is the best known and most popular of the gymnastics sports. This is governed by the federation or international body. Artistic gymnastics typically involves the women's events of uneven parallel bars, balance beam, floor exercises and vault. Men's events include floor exercises, pommel horse, still rings and high bars (Babalola, 2012).

Aims and Objectives of Gymnastics

The aims and objectives of gymnastics include among others the following:

- i. To promote the Sports of gymnastics in the community by increasing awareness and participation.

- ii. To provide the opportunity for young people to train with high quality coaching in a fun and safe environment.
- iii. To develop gymnasts physiologically, psychologically and technically during recreation and at competitive level.
- iv. To maintain the standard of quality programmes that promotes equality without discrimination as to races, religion, sex or ability.

ACTIVITY

1. Define gymnastics
2. Highlight any three Aims and Objectives of gymnastics

4.0 SUMMARY

You have learnt in this unit, the definition of gymnastics and the aims and objectives of gymnastics which include to promote sport of gymnastics by increasing awareness in the community, provide opportunity for young people to have fun etc.

5.0 TUTOR-MARKED ASSIGNMENT

Explain four aims and objectives of gymnastics

6.0 REFERENCE

Babalola, J.F. (2010). *Handbook of Practical Physical Education*. Ibadan; University of Ibadan Press.

UNIT 3 VALUES AND BENEFITS OF GYMNASTICS

CONTENTS

- 1.0 Introduction
- 2.0 Objectives
- 2.1 How to Study this Unit
- 3.0 Main Content
- 3.1 Values and Benefits of Gymnastics
- 4.0 Summary
- 5.0 Tutor-Marked Assignment
- 6.0 Reference

1.0 INTRODUCTION

Taking part in any activity will be meaningless if the participant cannot benefit from such participation.

In this unit, you will learn the values and benefits of gymnastics

2.0 OBJECTIVES

At the end of the lesson, you should be able to;

- a. Highlight five benefits of gymnastics
- b. Explain at least three benefits of gymnastics

2.1 HOW TO STUDY THIS UNIT

- 1. Carefully read this unit twice.
- 2. Take note of all the important points in this unit.
- 3. Attempt all activities and assignments in this unit. Do not look at the answers provided for this unit before you attempt the activities in the unit.

3.0 MAIN CONTENT

3.1 VALUES AND BENEFITS OF GYMNASTICS

The following were emphasized as the values and benefits of gymnastics by Akinwale (2012).

Gymnastics is widely renowned as Sport that can improve overall fitness, strength balance and body control as well as helping to improve athletes' performance in any other sports. However, what many people don't know or realize is that extended participation in gymnastic classes also provide many additional cognitive and psychological benefits to an individual throughout their life. Specific others include

- 1. Social interaction and discipline
- 2. Numerous health benefits

3. Develops the muscles of the arms, shoulder, chest and abdomen.
4. Develops agility, flexibility and physical fitness
5. Develops the physical strength and power
6. Develops the ability to coordinate and balance
7. Improves body posture
8. Participation in gymnastics will improve the participants muscular endurance. Some improvement in cardiovascular-respiratory efficiency can be accomplished.
9. Gymnastics can contribute to character development through improving physical courage, determination, perseverance, self-respect, self-reliance, decisiveness, resourcefulness, originality and initiative.
10. Gymnastics, when properly taught can improve qualities of social fitness such as cooperation, conservation, tolerance, courtesy, leadership and followership, appreciation for the abilities of others and fair play.

ACTIVITY

Highlight 5 values and benefits of gymnastics

4.0 SUMMARY

You have learnt in this unit, values and benefits of gymnastics such as encouraging social interaction, developing strength and power, character, cardio respiratory endurance.

5.0 TUTOR-MARKED ASSIGNMENT

Explain five benefits of gymnastics

6.0 REFERENCE

Akinwale, B. (2012). *Physical and Health Education*. Ibadan: Bounty Press Limited.

UNIT 4 CLASSIFICATION OF GYMNASTICS

CONTENTS

- 1.0 Introduction
- 2.0 Objective
- 2.1 How to Study this Unit
- 3.0 Main Content
- 3.1 Classification of Gymnastics
- 4.0 Summary
- 5.0 Tutor-Marked Assignment
- 6.0 References

1.0 INTRODUCTION

It is imperative to look at the various ways in which gymnastics can be classified. This unit explains various classification of gymnastic and its explanations.

2.0 OBJECTIVE

At the end of the lesson, you should be able to;
List and explain five classifications of gymnastics

2.1 HOW TO STUDY THIS UNIT

- 1. Carefully read this unit twice.
- 2. Take note of all the important points in this unit.
- 3. Attempt all activities and assignments in this unit. Do not look at the answers provided for this unit before you attempt the activities in the unit.

3.0 MAIN CONTENT

3.1 CLASSIFICATION OF GYMNASTICS

According to Akinwale (2012) and Babalola (2010), gymnastics can be classified into two main groups. They are:

- a. Floor (ground) exercise
- b. Apparatus work/exercise

Floor (ground) Exercises

These are activities performed without apparatus and in performing them the whole body is involved. They are made up of

- a. Stunts and
- b. Tumbling activities

a. Stunts

These are free movement exercises performed on the floor or ground without the use of apparatus e.g. crab walk, duck walk, “V” seat, cockfight, turk stand, Chinese get-up, duck fight, lame dog walk, tight rope walk, frog jump, leap frog, partner pull, heel slap, elbow balance, mule kick or kicking horse, seal walk, head stand, to mention a few.

b. Tumbling activities

These are the acrobatic branch of gymnastic. They require the skillful linking of three, four, or more tumbles together with other elements of movement, for example, forward roll, backward roll, cartwheel, head-spring, cat-spring, hand spring, forward somersaults, backward somersaults, hand walking, double roll (tank) and pyramid of all types. The floor or ground exercises may take the form of:

- a. Individual activities
- b. Pair activities
- c. Group activities
- d. Contests
 - i) Pair contests
 - ii) Group contests
- e) Races
 - i) Pair races
 - ii) Group races
 - iii) Relay races

Stunts

- a) Individual Stunts
- b) Pair (partner) Group Stunts

Apparatus work exercise

These are exercises performed on or with apparatus. The types of apparatus used in performing gymnastics activities include;

- i) Ropes (ii) Ropes and rings (iii) Sticks (iv) Bendies (v) Beam (vi) Vaulting box (vii) Vaulting horse (viii) Jungle gymnastic (ix) Horizontal bar

Gymnastics activities or skills to be learnt or practiced on or with the apparatus are as follow:

- a) Rope exercises;
 - i) Skipping (ii) jump the snake (iii) hop the length of the rope (iv) swing from ropes
- b) Stick exercises
 - i) Thread the needle (ii) step over (iii) back stretch
- c) Bench exercises
 - i) Caterpillar walk (ii) Crouch jump (iii) face vault (iii) Balance walk
- d) Parallel bars activities
 - i) Jump support and mount (ii) Rear dismount (iii) Dips (iv) pull-ups (chin ups) (v) Hip roll

ACTIVITY

Highlight five classifications of gymnastics

4.0 SUMMARY

You have learnt in this unit, various classifications of gymnastics which include

a) Floor exercises (b) Apparatus exercises

5.0 TUTOR-MARKED ASSIGNMENT

Discuss two major classifications of gymnastics

6.0 REFERENCES

Akinwale, B. (2012). *Bounty Upper Basic Physical and Health Education*. Ibadan: Bounty Press Ltd.

Babalola, J.F. (2010). *Handbook of Practical Physical Education*. Ibadan: University Press.

UNIT 5: SAFETY MEASURES IN GYMNASTICS

CONTENTS

- 1.0 Introduction
- 2.0 Objective
- 2.1 How to Study this Unit
- 3.0 Main Content
- 3.1 Safety Measures in Gymnastics
- 4.0 Summary
- 5.0 Tutor-Marked Assignment
- 6.0 Reference

1.0 INTRODUCTION

Many gymnasts have sustained injuries while performing gymnastics activities because adequate safety measures were not put in place. This unit will focus primarily on the important safety measures in gymnastics.

2.0 OBJECTIVES

At the end of the lesson, you should be able to;
List and explain six safety measures in gymnastics

2.1 HOW TO STUDY THIS UNIT

- 1. Carefully read this unit twice
- 2. Take note of all the important points in this unit
- 3. Attempt all activities and assignments in this unit. Do not look at the answers provided for this unit before you attempt the activities in the unit.

3.0 MAIN CONTENT

3.1 SAFETY MEASURES IN GYMNASTICS

Performers of gymnastics activities are prone to injuries because of the nature of the activities. It is very important that some safety measures are put in place to avoid occurrences of injuries on the part of the gymnasts. These safety measures have been summarized by Egegene, Nwokeji and Agwubike (2011) to include:

- 1. Ensure that all apparatuses are inspected before use.
- 2. Put on suitable clothing and foot wears.
- 3. Harmful objects such as sticks, pebbles in the playing ground should be removed or avoided.
- 4. Never play in the playing ground without supervision.
- 5. Don't rush or try any gymnastic activity that you have not been shown how to perform.

6. Provide a supporter where necessary.
7. In landing from jump, always land on the balls of the foot and give-in at the knees.
8. Provide safety equipment such as soft landing area (mattresses) in some floor exercises.
9. Concentrate on the activity and avoid unnecessary distraction from others around.
10. Obey as much as possible the particular safety rules of each activity.
11. Your teacher should guide and supervise you whenever you are doing gymnastics.
12. Provide good medical care (in emergencies injuries provide first aid treatment at once).

ACTIVITY

Identify and discuss five safety measures in gymnastics

4.0 SUMMARY

You have learnt in this unit, safety measures in gymnastics which include removal of dangerous objects in the gymnasium, inspection of apparatus, warm up activities before you start, use of spotters, and obeying other safety rule.

5.0 TUTOR-MARKED ASSIGNMENT

Highlight five safety measures in gymnastic with relevant examples

6.0 REFERENCE

Egenege, J.A. Nwokeji, L. N. & Agwubike, E.O. (2011). *Physical Education for Junior Secondary Schools*. Abeokuta: HEBN Publishers PLC.

UNIT 6: TUMBLING GYMNASTICS ACTIVITY (FORWARD ROLL)**CONTENTS**

- 1.0 Introduction
- 2.0 Objectives
- 2.1 How to Study this Unit
- 3.0 Main Content
- 3.1 How to Perform Forward Roll
- 4.0 Summary
- 5.0 Tutor-Marked Assignment
- 6.0 Reference

1.0 INTRODUCTION

Forward roll is classified under tumbling activities in gymnastics. This is an important skill for the youth. It can be useful for security and self defense. In this unit, you will learn how forward roll is performed and the safety precautions in perform it.

2.0 OBJECTIVES

At the end of this unit, you should be able to:

- 1. Perform foreword roll
- 2. Enumerate the safety precaution in performing the activities.

2.1 HOW TO STUDY THIS UNIT

- 1. Carefully read through this unit twice.
- 2. Take note of all the important points.
- 3. To benefit from this, you should obey all rules and regulations.
- 4. Attempt all activities and assignments provided in this unit.

3.0 MAIN CONTENT**3.1 HOW TO PERFORM FORWARD ROLL****1. Before You Start:**

- i. It is important that before you perform this activity, you should engage in warm up exercises.
- ii. Always use mat or mattress.

2. Start:

- i. You assume squatting position to start forward roll.
- ii. Place your palms on the mat or mattress about width apart.
- iii. Tuck in your head into the chest.
- iv. Bend forward and the weight of the body on the hand.
- v. Push off with feet and transfer the weight of the body to the hands.

- vi. Role forward and keep head well under and roll with knees on the chest.
- vii. As you rolled, the back of your shoulder and not the head should touch the mat first; but briefly.

3. Follow Through:

As the body rolls past shoulders,

- a. Grasp shin and roll to a squat stand
- b. Then straighten to a standing position
- c. Swing the arms well forward to assist you up on your feet for the proper body balance.
- d. Then straight to a standing position.

Safety Steps in Performing Forward Roll

1. Warm up before you start.
2. Do not do the activity alone.
3. Use spotter when necessary.
4. Always use mat or mattress

ACTIVITY

- a. List one important activity before you start forward roll.
- b. Describe the steps in performing forward roll.

4.0 SUMMARY

In this unit, you have learnt that:

- i. It is important to do warm up activity before you start forward roll in order to prevent injury.
- ii. The appropriate steps should be followed in performing forward roll.
- iii. You do not do the exercise alone
- iv. Use spotter where necessary.

5.0 TUTOR-MARKED ASSIGNMENT

1. List major steps in performing forward roll
2. Highlight four safety measures while performing forward roll.

6.0 REFERENCE

Federal Ministry of Education (2000). *Physical and Health Education*. Cycle 1, module 7 Educational Gymnastics II. Kaduna: National Teachers Institute.

UNIT 7: TYPES AND IMPORTANCE OF WARM-UP ACTIVITIES IN GYMNASTICS

CONTENTS

- 1.0 Introduction
- 2.0 Objectives
- 2.1 How to Study this Unit
- 3.0 Main Content
- 3.1 Types of Warm Up Activities
- 4.0 Summary
- 5.0 Tutor-Marked Assignment
- 6.0 Reference

1.0 INTRODUCTION

In all physical activities, it is very important that the performer should engage in warm up exercises before he starts the real activity. Gymnastics is not an exception here. Because of the nature of gymnastics activities, there are always like hood of occurrences of accident and injuries.

2.0 OBJECTIVES

At the end of the lesson, you should be able to;

- a. State 2 types of warm up activities
- b. Enumerate at least 3 importance of warm up activities in gymnastics

2.1 HOW TO STUDY THIS UNIT

- 1. Carefully read this unit twice.
- 2. Take note of all the important points in this unit.
- 3. Attempt all activities and assignments in this unit. Do not look at the answers provided for this unit before you attempt the activities in the unit.

3.0 MAIN CONTENT

3.1 TYPES OF WARM UP ACTIVITIES

Warm up activities whether for gymnastics or other sports events are basically divided into two, namely;

- a. General warm up and
- b. Specific warm up activities

General Warm Up Activity

These are activities geared towards getting the whole body of the gymnast prepared for the event of the day in the gymnasium. These activities will include dynamic

exercises like jogging, brisk walking, jumping, and generally movement activities around the gymnasium.

Specific Warm Up Activities

These are exercises that bother on the use of specific parts and joints of the body directly related to the event of the day. For example, if handstand is the event of the day, specific warm up exercise may include swinging of your arms, pull-up and other activities that will involve movement of the arms. These are aimed at conditioning the muscles of the arms that will carry the rest of the body.

Importance of Warm Up Activity

1. It raises the heart rate.
2. It increased flexibility at the joints.
3. It increases mental alertness to perform gymnastics activities.
4. Muscle sprain and soreness are minimized.
5. Occurrence of dislocation is minimized.

ACTIVITY

- a. Define warm up activity
- b. Explain four importance of warm up activities in gymnastics

4.0 SUMMARY

You have learnt in this unit types and importance of warm up activities in gymnastics which include among others, raising the heart rate, increase flexibility of the joint, avoid sprain etc.

5.0 TUTOR-MARKED ASSIGNMENT

- a. Identify two types of warm up activities
- b. Explain five importance of warm up activities in gymnastics

6.0 REFERENCE

Akinwale, B. (2012). *Bounty Upper Basic Physical and Health Education*. Ibadan: Bounty Press Ltd.

UNIT 8: SCORES AND RULES IN GYMNASTICS FLOOR EXERCISES**CONTENTS**

- 1.0 Introduction
- 2.0 Objectives
- 2.1 How to Study this Unit
- 3.0 Main Content
- 3.1 Scores and Rules in Gymnastics Floor Exercises
- 4.0 Summary
- 5.0 Tutor-Marked Assignment
- 6.0 Reference

1.0 INTRODUCTION

This unit introduces you the score and rules in gymnastics floor exercise

2.0 OBJECTIVES

At the end of the lesson, you should be able to;

- a. The basis for scoring in gymnastics floor exercises.
- b. State the allowed time for a floor exercise in gymnastics.

2.1 HOW TO STUDY THIS UNIT

- 1. Carefully read this unit twice
- 2. Take note of all the important points in this unit
- 3. Attempt all activities and assignments in this unit. Do not look at the answers provided for this unit before you attempt the activities in the unit.

3.0 MAIN CONTENT**3.1 SCORES AND RULES IN GYMNASTICS FLOOR EXERCISES**

The allowed time for a floor exercise is up to 70 seconds; for males and 90 seconds for females. Unlike men, women always perform routines to music. A floor routine done by a female gymnast must have a variety of leaps, jumps, tumbles and turns. Whereas, a male gymnast must have tumbles (front and back), in women's artistic gymnastics, floor exercise routines last between 70 and 90 seconds.

Most routines include three, four, or five major tumbling passes and several major dance skills, turns and leaps. Under the code of points the gymnast must demonstrate skills from five required element groups, including a salto with at least 360 degrees of twist, a double salto, and front and back tumbling.

Scores are based on difficult, artistry, demonstration of required elements and overall performance quality. Deductions are taken for poor form and execution, lack of required elements, falls and other infractions.

ACTIVITY

- a. Explain how scores are based in gymnastics floor exercises.
- b. What is the allowed time for a floor gymnastic exercise?

4.0 SUMMARY

You have learnt in this unit, that the allowed time for a floor exercise is up to 70 seconds for males and 90 seconds for female, you have also learnt that scores in gymnastic floor exercises are based on difficult artistry and demonstration of required elements and overall quality.

5.0 TUTOR-MARKED ASSIGNMENT

Explain the criteria for scoring in gymnastics.

6.0 REFERENCE

Babalola, J.F. (2010). *Handbook of Practical Physical Education*. Ibadan; University of Ibadan Press.

UNIT 9: APPARATUS IN GYMNASTICS

CONTENTS

- 1.0 Introduction
- 2.0 Objectives
- 2.1 How to Study this Unit
- 3.0 Main Content
- 3.1 Definition in Gymnastic Apparatus
- 4.0 Summary
- 5.0 Tutor-Marked Assignment
- 6.0 Reference

1.0 INTRODUCTION

Gymnastics apparatus are essential instrument used in gymnastics. In this unit, you will learn about these apparatus and what are used for.

2.0 OBJECTIVES

At the end of the lesson, you should be able to:

- a. Identify five apparatus in gymnastics
- b. Explain how these apparatus could be used in gymnastics

2.1 HOW TO STUDY THIS UNIT

- 1. Carefully read this unit twice.
- 2. Take note of all the important points in this unit.
- 3. Attempt all activities and assignments in this unit. Do not look at the answers provided for this unit before you attempt the activities in the unit.

3.0 MAIN CONTENT

3.1 DEFINITION IN GYMNASTIC APPARATUS

These are equipment and facilities that are mainly used to perform exercises intended to display, strength, balance and agility.

A number of gymnastics activities are performed using apparatus. A list of these apparatus and what they are used for are presented below:

- 1. Balance beam: A gymnastic apparatus that is used by women gymnastic
- 2. High bar, horizontal bar: A gymnastic apparatus consisting of bar supported in a horizontal position by uprights at both ends.
- 3. Gymnastic horse: This is a padded gymnastic apparatus on legs.
- 4. Bars, Parallel bars: A gymnastics apparatus consisting of two parallel wooden rods supported on upright.

5. Rings: A gymnastic apparatus consisting of a pair of heavy metal circles (usually covered with leather) suspended by ropes. It is used for gymnastics exercise “the rings require a strong upper body”.
6. Stall bar: Is a gymnastic apparatus used for strengthening exercises. Upright fastened to wall and connected by horizontal rings.
7. Trampoline: This is another gymnastic apparatus consisting of a strong canvas sheet attached with springs to metal frame and it is used for tumbling
8. Pommel horse: It is used for balancing and stunt activities
9. Uneven Bars: Used for stretching and balancing activities.
10. Floor mat: Used for all forms of floor exercises/ events.

ACTIVITY

- a. Identify five types of gymnastic apparatus
- b. State what they are used for.

4.0 SUMMARY

You have learnt in this unit, different types of apparatus in gymnastics which include: Balance beam, trampoline used for tumbling, pommel horse for balancing and stunts, uneven bars used for stretching and balancing activities etc.

5.0 TUTOR-MARKED ASSIGNMENT

List five gymnastic apparatus and state what they are used for.

6.0 REFERENCE

[Http://en.wikipedia.org/wiki/ueven](http://en.wikipedia.org/wiki/ueven) bars retrieved 2014.