



Name \_\_\_\_\_ Class \_\_\_\_\_ Date \_\_\_\_\_

**Gymnastics** is known as the **sport of all sports**. It is a great way to improve **strength, flexibility, balance, and coordination** for other types of physical activities.

*In gymnastics, there's something for everyone!*

**Boys** participate in **six events** (floor, vault, parallel bars, high bar, still rings, and pommel horse).

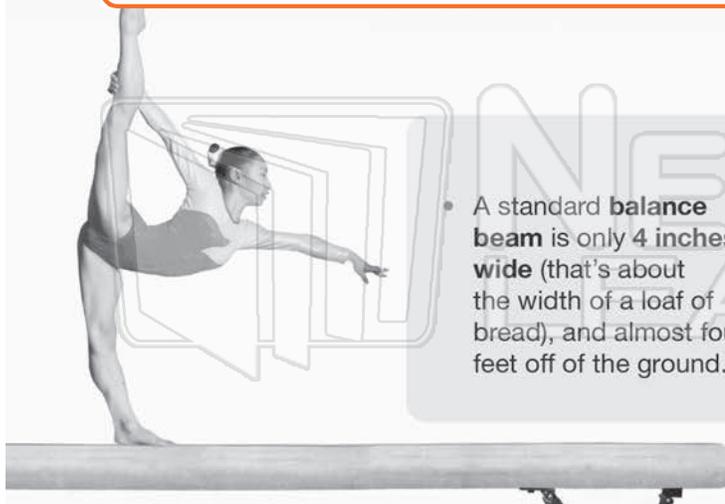


**Girls** participate in **four events** (floor, vault, uneven parallel bars, balance beam).



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### Fun Facts

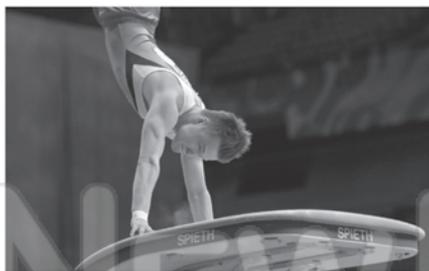
- A standard **balance beam** is only **4 inches wide** (that's about the width of a loaf of bread), and almost four feet off of the ground.
- The **first** large-scale gymnastics competition was during the **1896 Olympics** in Athens, Greece.
- At the 1976 Olympics **Nadia Comaneci** made history by becoming the first gymnast to ever score a **perfect 10**.





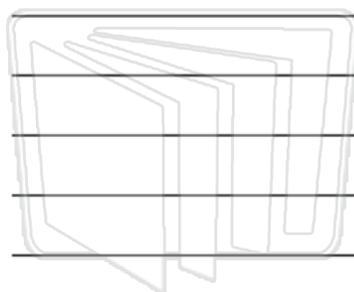
Name \_\_\_\_\_ Class \_\_\_\_\_ Date \_\_\_\_\_

## Events for Boys



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