

**Course Name : Bachelors of Physical Education**

**Paper No. Ist**

**Year : IInd**

**Topic : Brief History of Gymnastics**

**Topic No : 3 (a)**

**Paper Name : Introduction to Physical Education**

**Lecture No : 5**

**Title : Gymnastics :Denmark, Sweden and Germany Part - I**

**Summary**

The word gymnastics mean naked art and comes from the early Greeks. It is believed that the Chinese were the first people to develop activities that resembled gymnastics the Greeks worked with apparatus rather than upon it, while the Romans used apparatus in the form of a wooden horse to practice on. The word gymnasium is also a Greek word which means the ground or place for gymnastic performance.”