

Course Name: Bachelor of Physical Education

Year: Ist

Paper Name: Skill and Prowess

Paper No.: I (Part-B 2)

Topic No. B-II (1)

Topic Name: Gymnastics

Lecture No.: 53

Lecture Title

Skills in Gymnastics

Summary

Gymnastics provides the necessary physical activity to promote balance, coordination and flexibility. From tumbling to spins on the parallel bars and the pommel horse, the body must bend and twist in multiple directions and remain balanced to complete the routine. The gymnast learns to instinctively know where the body must go and where it is in relation to objects to successfully execute and complete each portion of the program.

That's all for today's lecture.

Thank you have a nice day