

Course Name - Bachelor of Physical Education

Year - IInd (Part-3)

Paper Name - Skill and Prowess

Topic Name - Skill and Prowess

Topic No. – Part – III (C)

Paper No. - B

Lecture No. – 23

Lecture Title
Balance Beam – 1

Summary

Finally, once the gymnast has acquired confidence, poise and ability on the beam. She must remember that the beam is a medium of expression. In other words, she must perform as her true self; not as an automaton or puppet. The great performers on the beam hold their audiences spellbound not merely by agility. They project themselves so that their personalities provide the final touch in a sequence more related to art than to sport. From them, the young gymnast can learn to approach her beam routine in a relaxed and tranquil manner. It is particularly important that she does not show tension in her face. The answer is, as always in gymnastics, to be in complete control of one's movement's thorough and painstaking preparation.