

**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. – 24**

### **Lecture Title**

### **Balance Beam-2**

### **Summary**

The balance beam is an exciting event. It has elements of grace, beauty, explosive acrobatics and incredible strength. The best balance beam gymnasts attack the beam as they would the floor exercise: using speed and control to incorporate multiple flips and twists into a solid routine.

Years of practice, combined with fearless attempts of trial and error, are necessary before you can truly master this event. But with time and desire, you too can learn to love the balance beam.