

Grade 7 Vocabulary

Week 32: Worksheet 2

Directions: Use your knowledge of the vocabulary words below to fill in the blanks.

aerial	apparatus	composition	execution	dismount
flexibility	unitards	pirouettes	sequence	virtuosity
vault	tumbling	leotards	dynamic	elite

- 1) While practicing her _____ she accidentally touched the mat and fell hard, but quickly jumped up and tried again.
- 2) The young gymnast was working on her _____ by repeatedly doing cartwheels, somersaults, and walkovers.
- 3) The balance beam is a tough part of gymnastics because even after a flawless routine you must make the perfect _____ to get a high score.
- 4) The trainer was overwhelmed with emotion as he explained how the gymnast's _____ was both taught and inborn, making her great.
- 5) Her _____ was so great she could contort her body in ways that would injure others and make it look enjoyable.
- 6) Even with the best _____, it is how you carry out the routine, or the _____, that really matters for competition.
- 7) An _____ at a gymnastics gym could be a balance beam, mat, uneven bars, and spring boards.
- 8) Learning how to _____ can be scary because you run at top speed toward the pommel and then throw yourself into it and up into a flip before trying to land perfectly.
- 9) Some people pay a huge amount of money to put their children in an _____ training school to become a top level gymnast.



Answer Key

Worksheet 2

- 1) aerial
- 2) tumbling
- 3) dismount
- 4) virtuosity
- 5) flexibility
- 6) composition, execution
- 7) apparatus
- 8) vault
- 9) elite