

Grade 7 Vocabulary

Week 32: Worksheet 4

Directions: Choose the word that best completes each sentence. Write it on the line.

1) There are many different moves in gymnastics that are also used in dance but the most common is the use and practice of _____

(*vault, pirouettes, unitards*).

2) A gymnast who practices moving straight from one move to another with no moves in between is putting together a _____ (*virtuosity,*

execution, sequence), usually as part of a routine.

3) It is always important to work on _____ (*flexibility,*

dynamic, elite) as a gymnast so you do not injure your body while tumbling.
4) Creating a _____ (*dismount, composition, flexibility*) for a floor routine takes skill, timing, and knowledge.

5) Gymnasts typically perform for competitions in _____

(*leotards, virtuosity, vault*) that are colorful and complementary to those of other team members.

6) Full of ambition and _____ (*execution, flexibility,*

virtuosity) the young gymnast landed a spot on an _____ (*elite, composition, aerial*) team.

7) It takes talent, skill, and lots of practice to be able to perform the perfect _____ (*execution, aerial, pirouettes*) without ever

touching the equipment.



Answer Key

Worksheet 4

1. pirouettes
2. sequence
3. flexibility
4. composition
5. leotards
6. virtuosity, elite
7. aerial