

Grade 7 Vocabulary

Use of Vocabulary Words in Context

Week 32

Directions: Read the passage below to better understand the vocabulary words.

Vocabulary Words

aerial

apparatus

composition

execution

dismount

flexibility

unitards

pirouettes

sequence

virtuosity

vault

tumbling

leotards

dynamic

elite

Hint: When learning new terms, look for context clues to help determine the meaning. If the sentence you find the word in is not helpful, keep reading to see if it can be understood.

Understanding Gymnastics

Being a gymnast is hard work, especially if you want to compete at the **elite** levels. Gymnasts usually start out on practice equipment that is lower than that used in competition, as well as practicing basic **tumbling** and **execution**. Even very young children learning gymnastics can be seen working on **pirouettes**, **aerial** moves, and basic **dismount** techniques. Each potential gymnast must work on **flexibility** so injuries are less likely.

Since gymnasts must be able to move around freely while practicing, they tend to wear **unitards** or **leotards** because they allow for a full range of movement. These come in a range of colors and designs to get participants noticed. As gymnasts move into competitions, they must learn to **sequence** different moves to create **dynamic** routine. Judges then score the **composition** based on their ability and accuracy. The goal for all is to show **virtuosity** on each **apparatus**, like the **vault**, and during floor routines.

Gymnastics is a tough sport, especially at the highest levels. Those who dedicate their lives to the sport are tough on their body and must be strong in their dedication to the sport. It takes a ton of time and work to become the best, but for those that make it, it is worth all the effort.

