

SKILLS IN THE SPOTLIGHT

Identify one pulse-raiser activity that specifically prepares a gymnast for vaulting

Name one muscle group heavily used during take-off for a vault that should be stretched

Explain why dynamic stretching of the hip flexors is important before vaulting

Explain how a mobiliser prepares the shoulder joints for contact with the vault table

Explain how the pulse raiser helps a gymnast perform repeated vault attempts safely

State one response of the cardiorespiratory system during the run-up to a vault

**Gymnastics -
Vaulting**



SKILLS IN THE SPOTLIGHT

Short accelerations or skips

Quadriceps

Prepares muscles for explosive take-off; maintains heart rate; reduces risk of muscle strain

It takes shoulders through full range of movement which increases synovial fluid which improves joint mobility

Increases oxygen supply; raises muscle temperature; reduces injury risk during explosive actions

Increased heart rate

Gymnastics - Vaulting

