Rhythmic Gymnastics

By Alida Y. & Alisha C., Year 3
Rhythmic gymnastics

- Rhythmic gymnastics is a very high-energy sport that requires strength, power, flexibility, agility, dexterity, endurance and hand-eye coordination. It is a popular sport that is a combination of ballet, gymnastics, dance, and apparatus manipulation.
History

- Émile Jaques-Dalcroze of Switzerland developed the idea of eurhythmics, a type of physical training for musicians and dancers, in the 1880’s. George Demeny, from France, created exercises to music that were designed to promote grace of movement, muscular flexibility, and good posture. This unique sport was first titled as Modern Gymnastics in the 1960s, then later as rhythmic sportive gymnastics, the finally rhythmic gymnastics.
There are many types of apparatus in the amazing sport of rhythmics;

**Rope** may be made of hemp or a synthetic material which retains the qualities of lightness and suppleness.

**Hoop** A hoop may be made of plastic or wood. The interior diameter is from 51 to 90 cm, and the hoop must weigh a minimum of 300g.

**Ball** This is either made of rubber or synthetic. The ball has a diameter of 18 to 20 cm and have a minimum weight of 400g.

**Clubs** The most popular club is the multi-piece club. The club is on a internal rod. The handle is made of polyolefin plastic.

**Ribbon** It is made of satin or alike materials. The ribbon weighs about 35g itself. The rods are longer and more complicated to use for more experienced people to use.
Rhythmic now...

- Rhythmic now is entirely different. It is now performed in an extremely way.
- It used to be a lot more like dancing and had no requirement of aerobic fitness and flexibility required but now, it is extremely hard for a normal person who is not trained or basically anyone with a lack of flexibility.
Bibliography

- www.google.com.au
- www.wikipedia.com
- www.rhythmicgymnastics.au

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