

What is Olympic Trampoline?!



Everyone knows that those big bouncy nets in the backyard are called trampolines, but Olympic trampoline is very different! In Olympic trampoline, gymnasts *compete* by performing a wide range of acrobatic movements in a set *routine* perfected months before the competition.

The rules *state* that the gymnast must make *contact* with the bed of the trampoline ten times, each time *combining* challenging movements, from backward somersaults to forward twists. Gymnasts must always start and finish these movements on their feet. Moves must be performed in one of three shapes:

Tucked - Knees close to the chest.

Piked - Hands touching the feet and arms and legs straight.

Straight - Body in a straight position with legs together and arms by the side.

Trampolines in the Olympic games are heavily padded to *protect* gymnasts, and are also surrounded by thick mats in case gymnasts fall off the side.

Vocabulary

Compete: To perform for a prize

Routine: A performance

State: To say officially

Contact: Touch

Combining: Bringing together

Protect: Keep safe

What sets Olympic trampolining apart from the trampolining you and your friends may do, and why is it so different? Use the text and your own opinion to support your answer.
