

Simone Biles Makes History

How is gymnastics scored?

- You get a 'D' score which is based on how difficult the routine is.
- You also get an 'E' score for how well the routine is **executed**. This score has a maximum of 10. Points are knocked off for bent legs or falls.

If you know your uneven bars from your vault and love all things gymnastics, there has been some exciting news. Simone Biles, the American gymnast, has become the first female gymnast to complete a Yurchenko double pike in a competition!

Simone treated the crowds at the US Classic in Indianapolis on 22nd May. The 24-year-old gymnast was able to make history by completing the move almost flawlessly, adding to her glittering career.

So, what is a Yurchenko double pike?

The move involves doing a round off. This is a cartwheel-like move which finishes on two legs. Biles did this onto a springboard and then went into a handspring onto a vault. Finally, she finished by doing two backwards somersaults off the vault with her hands tucked into the back of her legs. Biles then landed on her feet, taking only two small steps backwards.

The move got Simone Biles an incredible 16.100 points. This is a higher score than she achieved for the gold medals that she received at the Rio Olympic Games in 2016.

After completing the other gymnastic events of the night, Simone finished with an overall score of 58.400. This was enough to win the competition.

On social media, after the event, Simone said, "I'm sorry but I can't believe I competed a double pike on vault."

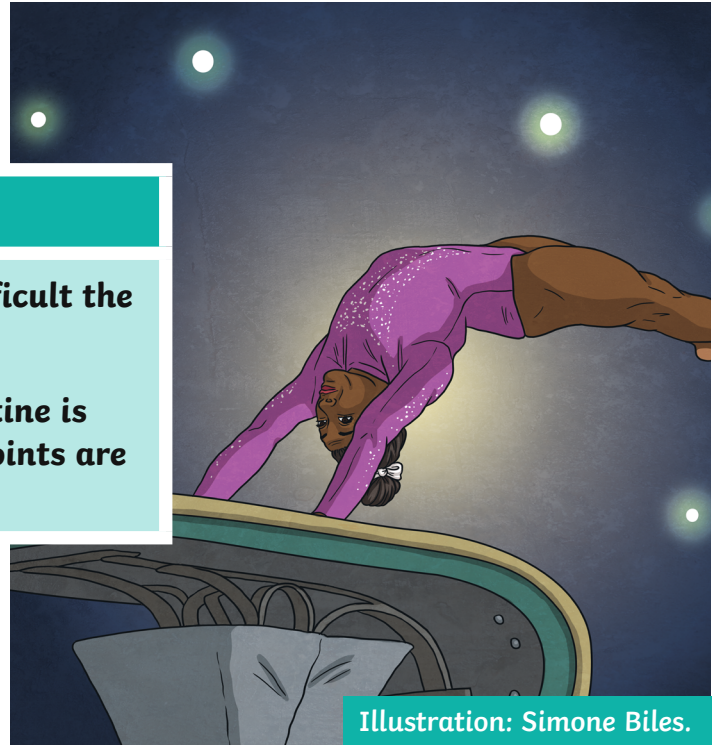


Illustration: Simone Biles.

The world first can be added to her already huge list of achievements. Simone has an incredible 25 World Championship medals, including 19 gold!

This is why Simone was able to wear a leotard with a rhinestone goat on the back with some confidence. The symbol represents being the greatest of all time (GOAT).

This will also give Simone a confidence boost as she enters the upcoming Tokyo Olympic Games. She had planned to retire last year but due to the pandemic, competitions were pushed back.

Luckily for her, the time away doesn't seem to have affected her performance.

Glossary

| | |
|-------------------|--|
| executed | How well something is performed. |
| flawlessly | Doing something perfectly. |
| leotard | An outfit used for performing gymnastics |
| rhinestone | Fake diamonds. |

Questions

1. What is the maximum score gymnasts can score for execution?

2. How do you think Simone Biles felt when she completed the Yurchenko double pike?

3. Why did Simone have a goat on the back of her leotard?

4. Tick each statement to show whether it is true or false.

| | True | False |
|---|------|-------|
| Simone Biles performs gymnastics for the UK. | | |
| Simone Biles has 19 World Championship medals. | | |
| Simone Biles was going to retire last year. | | |
| Simone Biles has won 19 gold World Championship medals. | | |

5. Why do you think Simone Biles has delayed retirement?

6. Summarise the key information in this article in 15 words or fewer.