



# True or False: Sprinting



## Check Understanding:

Check student understanding of sprinting by asking the following questions. Use a line to allow students to choose between the two answer options.

		True	False
1	<p>Q: In the sprint start we have both feet on the ground</p> <p>A: True - we have both hands and both feet on the ground</p>		
2	<p>Q: At the start of the race the starter will say "Ready, Steady, Go!"</p> <p>A: False - the start commands are "On Your Marks, Set, Go!"</p>		
3	<p>Q: When we run, we run with opposite arms and legs</p> <p>A: True - we use our arms to keep balance in running</p>		
4	<p>Q: In the start, we should stand up straight as soon as possible</p> <p>A: False - we should try to stay low and rise up slowly</p>		
5	<p>Q: The 100m world record is under 10 seconds</p> <p>A: True - The world record is held by Usain Bolt (JAM) with 9.58s. The women's world record is by Florence Griffith-Joyner (USA) with 10.49s</p>		



# True or False: Triple Jump

## Check Understanding:

Check student understanding of triple jump by asking the following questions. Use a line to allow students to choose between the two answer options.

		True	False
1	<p>Q: In the triple jump there are three phases</p> <p>A: True - they are the HOP, STEP, and JUMP</p>		
2	<p>Q: In the hop phase we land on the same leg</p> <p>A: True - hopping happens on one leg, in the step phase when change to the other leg</p>		
3	<p>Q: The step phase should be the biggest phase of the triple jump</p> <p>A: False - we are aiming for all three phases to be the same size</p>		
4	<p>Q: In the jump phase we land on two feet</p> <p>A: True - landing with two feet keeps us balanced and gives us a tidy landing in the sand</p>		
5	<p>Q: The triple jump world record is over 15m</p> <p>A: True - the women's world record is 15.74m by Yulimar Rojas from Venezuela. The men's world record is 18.29m by Jonathan Edwards (GBR)</p>		



# True or False: Long Jump



## Check Understanding:

Check student understanding of long jump by asking the following questions. Use a line to allow students to choose between the two answer options.

		True	False
1	<p>Q: In the long jump we take off from two feet</p> <p>A: False - we take off from one leg and use the other leg to gain height in the jump</p>		
2	<p>Q: In the long jump we should land on two feet</p> <p>A: True - landing with two feet keeps us balanced and gives us a tidy landing in the sand</p>		
3	<p>Q: We should run with high knees in the run-up</p> <p>A: True - running with high knees helps us to gain speed and prepare for the takeoff</p>		
4	<p>Q: In the long jump takeoff we should try to jump as high as we can</p> <p>A: False - we should try to jump as low and as far as we can (it's called the LONG JUMP!)</p>		
5	<p>Q: In the ancient Olympics, athletes performed the long jump without a run-up</p> <p>A: True - in the ancient Olympics in Athens, they used to compete in the standing long jump</p>		



# True or False: Discus



## Check Understanding:

Check student understanding of discus by asking the following questions.  
Use a line to allow students to choose between the two answer options.

		True	False
1	<p><b>Q:</b> In the discus turn we have our hands down by our sides</p> <p><b>A:</b> False - we have our hands raised up to shoulder height ready for a long pull when throwing</p>		
2	<p><b>Q:</b> When we turn, we have our body weight on one leg</p> <p><b>A:</b> True - moving our weight to one leg helps us to stay balanced when we turn</p>		
3	<p><b>Q:</b> The feet position for the standing throw is called the 'power position'</p> <p><b>A:</b> True - this position allows us to create a strong base and to turn our hips when throwing</p>		
4	<p><b>Q:</b> We should look down at the ground when we throw the discus</p> <p><b>A:</b> False - we should look up and open our chest so we can have a long pull on the discus</p>		
5	<p><b>Q:</b> The discus throw is one of the oldest sports in the world</p> <p><b>A:</b> True - the discus throw was one of the 5 sports at the original Olympics over 2000 years ago. The others were running, long jump, javelin and wrestling</p>		



# True or False: Shot Put



## Check Understanding:

Check student understanding of shot put by asking the following questions. Use a line to allow students to choose between the two answer options.

		True	False
1	<p>Q: In the shot put the athlete moves backwards across the circle</p> <p>A: True - in the glide technique the athlete moves backwards before turning to the front to throw</p>		
2	<p>Q: The shot put glide begins on one leg</p> <p>A: True - the shot putter pushes from one leg and lands on two legs</p>		
3	<p>Q: The shot put is held close to the chest before throwing</p> <p>A: False - the shot put must be held in the neck before it is thrown</p>		
4	<p>Q: We should look down at the ground when we throw the shot put</p> <p>A: False - we should look up so that the shot put goes higher when we throw</p>		
5	<p>Q: There are two different shot put techniques</p> <p>A: True - there is the glide technique and the rotation technique where athletes spin before releasing the shot put</p>		



# True or False: Hurdles

## Check Understanding:

Check student understanding of hurdles by asking the following questions. Use a line to allow students to choose between the two answer options.

		True	False
1	Q: In hurdling, we should use the same leg for each hurdle A: True - we should aim for 3 steps between each hurdle		
2	Q: We should run with a tall, upright body between the hurdles A: True - a tall body helps us to go over the high hurdles		
3	Q: We should take long steps between the hurdles A: False - we should aim to take small and fast steps between the hurdles for more speed		
4	Q: The first leg to go over the hurdle is called the lead leg A: True - the lead leg goes over the hurdle first, followed by the trail leg		
5	Q: Male and female hurdlers use the same size hurdle A: False - the men's hurdles are 106cm tall and the women's hurdles are 84cm		



# True or False: High Jump



## Check Understanding:

Check student understanding of high jump by asking the following questions. Use a line to allow students to choose between the two answer options.

		True	False
1	<p>Q: In the high jump competition the bar gets raised higher and higher</p> <p>A: True - the bar is raised each round until only one athlete is left in the competition</p>		
2	<p>Q: In the high jump we run up to the bar in a straight line</p> <p>A: False - we use a curved run to help us to turn over the bar</p>		
3	<p>Q: High jumpers run with a tall body position</p> <p>A: True - a tall body position helps us to be strong when we are running on the curve</p>		
4	<p>Q: We take off with the foot closest to the bar</p> <p>A: False - we take off with the foot furthest from the bar to help us to turn</p>		
5	<p>Q: The technique of going over the bar backward is called the Fosbury Flop</p> <p>A: True - it is named after Dick Fosbury who first used the backwards technique to win Gold in the 1968 Olympic Games</p>		



# True or False: Javelin



## Check Understanding:

Check student understanding of javelin by asking the following questions. Use a line to allow students to choose between the two answer options.

		True	False
1	<p>Q: We throw the javelin with an underarm technique</p> <p>A: False - we must throw the javelin from over the shoulder</p>		
2	<p>Q: When we run sideways it is called the cross-over step</p> <p>A: True - it is called the cross-over step because our foot crosses the body</p>		
3	<p>Q: In the cross-over step, we always step behind the body</p> <p>A: False - we always step in front of the body to help keep speed in our running</p>		
4	<p>Q: When throwing we should have a long throwing arm</p> <p>A: True - keeping our arm long allows us to have a longer pull on the javelin</p>		
5	<p>Q: The world record for the javelin is over 100m</p> <p>A: False - the world record is 98.48m by Jan Zelezny from the Czech Republic. The women's record is 72.28m (Barbora Špotáková, Czech)</p>		