

# Athletics—Exercises

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## **1 ANSWER THE QUESTIONS IN YOUR OWN WORDS!**

How are athletic events organized ? \_\_\_\_\_  
\_\_\_\_\_

Where do they take place in winter ? \_\_\_\_\_

Name a few important track events ! \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

How long is an oval track ? \_\_\_\_\_

In which position do sprinters get at the start ? \_\_\_\_\_  
\_\_\_\_\_

What do athletes need in middle distance races ? \_\_\_\_\_  
\_\_\_\_\_

Which event in history does the first marathon go back to? \_\_\_\_\_  
\_\_\_\_\_

How long is a marathon race ? \_\_\_\_\_

What are relay races ? Over which distances are they run ? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Name the most important jumping events! \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Describe what a pole vaulter does ? \_\_\_\_\_  
\_\_\_\_\_

Where does a long jumper land ? \_\_\_\_\_

What is a shot and how heavy is it ? \_\_\_\_\_  
\_\_\_\_\_

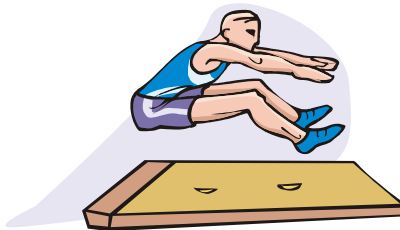
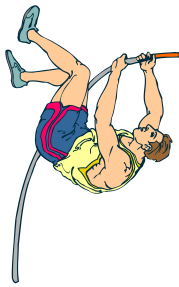
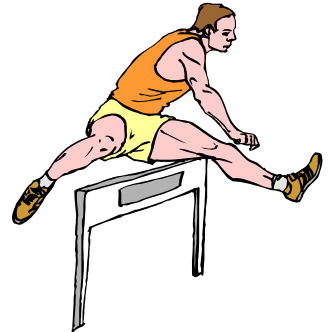
Which is the oldest throwing event ? \_\_\_\_\_

Which events does the decathlon consist of ? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What is the IAAF and what does it do ? \_\_\_\_\_  
\_\_\_\_\_

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## 2 MATCH THE PICTURES WITH THE WORDS FROM THE BOX!



discus throw

marathon

hammer throw

high jump

hurdle

javelin throw

long jump

100 metre sprint

relay race

pole vault

shot put

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**3 IN THE TABLES BELOW YOU WILL FIND WORLD RECORDS . MATCH THE EVENTS IN THE GREY BOX WITH THE TIME, DISTANCE OR POINTS IN THE TABLE !**

## MEN'S EVENTS

2 h 04 min 55 sec

2.45 metres

9.77 sec

9026 points

2 min 54.20 sec

18.29 metres

98.48 metres

12.88 sec


100 metre sprint— marathon— decathlon—110 metre hurdles—high jump—4 X 400 metre relay—triple jump—javelin throw

## WOMEN'S EVENTS

5.01 metres

7291 points

1 min 53.28 sec

29 min 31.78 sec

7.52 metres

77.80 metres

10.49 sec

41.37 sec


pole vault—100 metre sprint—hammer throw—10,000 metres—heptathlon—4 X 100 metre relay –long jump –800 metres

## 4 MATCH THE WORDS WITH THE DEFINITIONS

A	endurance		an athlete who runs very fast for only a short time
B	lane		thin metal, plastic or wooden object that jumpers have to go
C	relay		something that is in your way
D	sprinter		event in which you have to throw a heavy metal ball as far a
E	track		the ability to run fast over a longer distance
F	javelin		to push up very quickly
G	decathlon		place where long jumpers land on their feet
H	thrust		to start something , like a club
I	crossbar		spear-like object made of wood or metal
J	board		an area that is marked for a swimmer or a runner
K	obstacle		to officially accept or say yes to something
L	sand pit		piece of wood that is on the ground
M	shot put		the brown oval paths that go around the field
N	approve		flat round object that you can throw
O	discus		a team of runners who run one after the other
P	found		10 events in which you get points for each one

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## 5 WHAT ARE THE QUESTIONS ?

Q: \_\_\_\_\_

A: for a few days , but sometimes up to two weeks

Q: \_\_\_\_\_

A: asphalt, rubber or tartan

Q: \_\_\_\_\_

A: speed and endurance

Q: \_\_\_\_\_

A: 490 B.C.

Q: \_\_\_\_\_

A: four runners

Q: \_\_\_\_\_

A: a baton

Q: \_\_\_\_\_

A: with their heads first

Q: \_\_\_\_\_

A: in a sandpit

Q: \_\_\_\_\_

A: between chin and shoulders

Q: \_\_\_\_\_

A: a spear-like object

Q: \_\_\_\_\_

A: a combination of ten events for men

Q: \_\_\_\_\_

A: it sets rules and approves of world records

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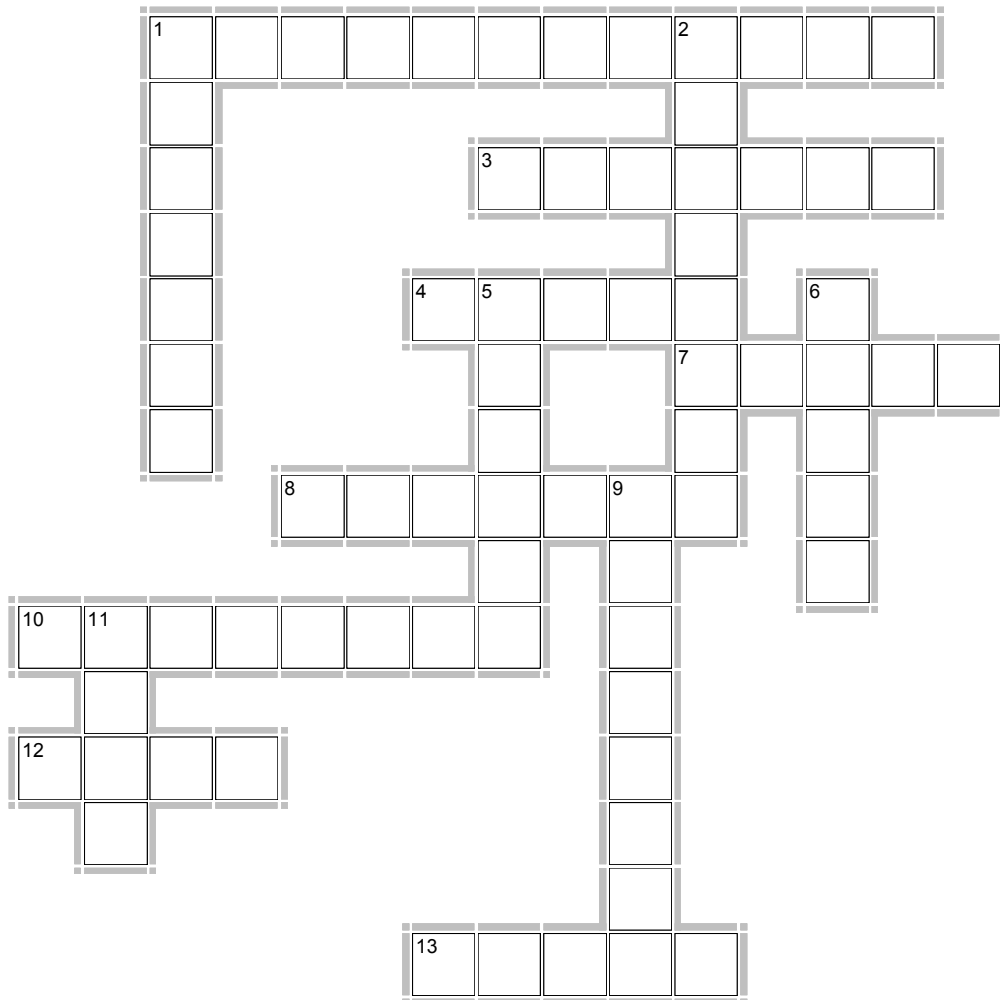
## 6 REARRANGE THE LINES INTO THEIR CORRECT ORDER!

\_\_\_\_\_ must always stay in their lanes. Sometimes you can only tell  
\_\_\_\_\_ line. The 100 metre sprint is a very popular event at track  
\_\_\_\_\_ **1** Sprinters start with their feet against a block and with their  
\_\_\_\_\_ athletes run towards the finish line as fast as they can. They  
\_\_\_\_\_ fastest athlete on earth.  
\_\_\_\_\_ hands on the track. When a gun is fired the race starts and  
\_\_\_\_\_ and field meets . The world record holder is said to be the  
\_\_\_\_\_ who won the race by looking at the photo taken at the finish  
\_\_\_\_\_

## 7 TRUE OR FALSE?

	T	F
A track and field meet always lasts for two weeks.		
The oval track is usually 400 metres long and divided into lanes.		
Sprinters must always stay in their lanes		
Middle distance races start at 10,000 metres.		
Marathons are mostly run on roads.		
Relay runners have to pass a stick on to their team mates.		
At jumping events you have 5 tries to get over the crossbar.		
In the long jump athletes have to jump into the air with both feet at once.		
A shot is a metal ball that is connected to a chain.		
The discus has the form of a plate.		
The heptathlon is made up of seven events for women.		
Today's athletics competitions go back to 19th century Greece.		
The IAAF sets the rules and approves of all world records.		

## 8 CROSSWORD



### Across

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1. competition to find out which player or team is the best
3. to officially accept or say yes to something
4. small metal rings that are joined together
7. the brown oval paths that go around the field
8. in the open
10. if you can bend something
12. area of the track that is marked for a runner
13. instructions on how a game should be played (plural)

### Down

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1. very popular and liked by many people
2. athlete who runs very fast over a short distance
5. small fence that you have to jump over during a race
6. a short stick that is passed from runner to runner during a race
9. something that is in your way
11. jump

**9 FIND 12 WORDS IN THE GRID BELOW THAT YOU HAVE SEEN IN THE TEXT AND MARK THEM !** 

W	F	R	U	Z	O	O	G	P	N	P	V	K	P
X	D	I	S	C	U	S	A	N	D	P	I	T	H
J	C	F	K	C	U	P	C	M	I	O	N	P	K
S	W	S	N	L	I	R	F	I	E	L	D	J	J
T	B	H	L	S	Y	I	J	A	V	E	L	I	N
M	D	Y	P	D	G	N	F	Q	C	V	T	F	G
C	Z	Q	X	D	O	T	Z	A	A	A	F	D	B
P	V	B	N	F	M	I	T	Q	T	U	I	U	D
H	L	S	B	S	N	H	Q	I	H	L	D	A	L
C	Z	I	P	Y	L	U	T	N	L	T	Q	Q	N
N	T	F	O	O	T	R	A	C	E	Z	J	P	J
O	A	N	N	A	Q	D	F	L	T	W	U	X	U
E	U	K	T	R	E	L	A	Y	E	R	M	J	A
M	U	A	L	N	O	E	E	N	D	A	O	O	A