

Track and Field

"I let my feet spend as little time on the ground as possible. From the air, fast down, and from the ground, fast up." —Jesse Owens

Quick Facts

Sport:	Track and Field
3 types of competition:	throwing,
Shortest Olympic sprint:	
Track shape:	



Pre-Reading

A. Warm-Up Questions

- What events are in track and field?
- 2. Which country has the fastest runners in the world?
- 3. What is a hurdle?
- 4. Do you enjoy watching running races?
- 5. What is your favorite Summer Olympic event?

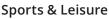
B. Vocabulary Preview				
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	D. V	ocapu	iarv r	review

12. decathlon

Match the words on the left with the correct meanings on the right.

 1.	combined	a)	one section of a distance
 2.	oval	b)	a short stick
 3.	sprint	c)	an object that gets in the way
4.	relay	d)	having a rounded egg shape
5.	leg	e)	a long pointed stick for throwing
6.	baton	f)	a track competition with ten event
7.	obstacle	g)	a short, fast race
		h)	repeating from one to the other
 8.	alternate	i)	to get past
 9.	clear	j)	a team race in which each
 10.	boost	J <i>)</i>	person completes one leg
 11.	spear	k)	to help create an increase

mixed together as one





Reading

- Track and field is a type of athletics that includes running, jumping, and throwing. At a track "meet," these events are divided into three basic categories: track, field, and **combined**. These sporting events are among the oldest in history, and were part of the first Ancient Olympic Games in Greece. When the modern Olympic Games began in the late 19th century, most of the events were track and field contests.
- 2. Track events typically take place on an **oval** track that is 400 meters long. The track is divided into lanes for the runners. Inside the track is a grassy inner field for stretches, warm-ups, and other events. This is often called the "turf."
- 3. There are many types of running events in a track and field competition. Most are individual races in which runners compete to have the fastest times. Some are short races called **sprints**. The 100-meter dash is an example. Others are long-distance races, such as the 5,000-meter race. The marathon is a 40-kilometer road race.
- 4. Another type of track event is the **relay** race. In this event, a team of four runners works together to finish a race. Each member of the relay team runs one quarter of the race. After completing one **leg** of the race, a team member

Read the statements below. Write T if the statement is true. Write F

- passes the **baton** to the next runner. The final runner, known as the "anchor," has to be an excellent sprinter. The hurdles is another form of running race. Runners have to jump over wood or metal **obstacles** as they race to the finish line.
- 5. Jumping events include the long jump, the high jump, the pole vault, and the triple jump. The long jump and triple jump take place in sand pits. In the long jump, contestants have to run to a marker and jump as far as they can into a sand pit. In the triple jump, contestants have to run and jump on **alternate** feet before landing on both feet. In the high jump and pole vault, jumpers must **clear** a cross bar. The pole vault gives jumpers an extra **boost**, so they have to jump much higher.
- 6. Throwing events include shot put, discus, javelin, and hammer throw. A shot put is a heavy ball, while a hammer is a ball and chain. A discus is shaped like a plate, and a javelin is a **spear**. Each throwing object requires a different kind of skill or strength.
- 7. Some track events combine more than one sport. For example, the **decathlon** is a combination of ten track and field events, including running, jumping, and throwing events.

Comprehension

	ent is false, and correct the information in youne fact is not mentioned.	ur noteboo	k.	
 1.	A track and field event is called a "greet."		4.	In a relay race, runners pass a baton.
	A running track usually has an oval shape.		5.	The hurdles are a throwing event in a track and field competition.
 3.	A 40-kilometer race is an example of a sprint.		6.	The pole vault is another way of saying "high jump."



Vocabulary Review

A. Complete the Sentences

	mplete the sentences using vocabulary from page 1. u may need to change the word forms.
1.	You have to jump on feet for the triple jump event.
2.	I wonder if this jumper will be able to the cross bar.
3.	The includes running, jumping, and throwing competitions.
4.	We started slow, but made up our time in the last of the race.
5.	These runners have to jump over called hurdles.
В.	Verb Forms
Co	mplete the sentences with the correct form of the verb in brackets.
1.	I enjoy the relay race.
2.	My neighbor is in the decathlon. (compete)
3.	I'm interested in about the Ancient Olympic track and field event
4.	The goal of pole vaulters is the cross bar. (clear)
5.	I'm good at (sprint)
6.	He was trying the baton quickly, but he tripped.



Research

JAMAICA'S RUNNERS

It's no secret that some of the fastest runners in the world are from Jamaica. Do a little research about this interesting fact. Share your findings with your class.

- 1. What is "genes theory"?
- 2. How early do Jamaicans start training?
- 3. How many 100-meter gold medalists have come from Jamaica?
- 4. What is "Champs"?

Discussion

- How does competitive running compare to swimming?
 Which do you think is more difficult, and why?
- 2. What physical benefits can athletes gain from training for track and field?
- 3. What mental benefits can be gained from track and field?

Critical Thinking

Discuss the following with a partner:

Usain Bolt of Jamaica has been named the fastest man in history. In 2009, he broke his own world record, completing the 100-meter dash in 9.58 seconds. People seem to be getting faster. Do you think humans will ever be able to complete this race in under 9 seconds?