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| <p>1. Demonstrate <u>body management and locomotor skills</u> needed for successful participation in Track & Field</p> <p>2. Evaluate the effect of <u>expressing encouragement to others</u> while participating in Track & Field.</p> |
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Track & Field

Name _____
 Date _____
 Period _____

1. List the track and field events you participated in and how you finished.

Event 1 _____	Place _____	Girls/Boys/Overall
Event 2 _____	Place _____	Girls/Boys/Overall
Event 3 _____	Place _____	Girls/Boys/Overall
Event 4 _____	Place _____	Girls/Boys/Overall
Event 5 _____	Place _____	Girls/Boys/Overall

2. Why did you choose to sign up for these events?

3. List 3 things you learned about track and field (running form, field event form, relay handoffs, etc.)

4. How did you feel when your teammates cheered you on during your event?

Track Events

Sprints:

1. 100 Meters - (1/4 Lap)
2. 200 Meters - (1/2 Lap)

Middle Distance:

1. 400 Meters (1 lap)
2. 800 Meters (2 laps)

Long Distance:

1. 1600 Meters (4 laps)

Relays:

1. 4 x 100 (4 person event...each runner runs 1/4 of a lap)
2. 4 x 400 (4 person event...each runner runs 1 lap)
3. Sprint Medley Relay (4 person event...first two runners run 100 meters each, third runners runs 200 meters, fourth runners run 400 meters)
4. Team Mile (Each player must run until a mile is completed)

Field Event:

1. Long Jump
2. High Jump
3. Shot Put

Team Sign-Ups

Day 1

400 Meters

1. _____ (_____)
2. _____ (_____)

High Jump

1. _____ (_____)
2. _____ (_____)

4 x 100

1. _____
2. _____
3. _____
4. _____ (_____)

Day 3

200 Meters

1. _____ (_____)
2. _____ (_____)

1600 Meters

1. _____ (_____)
2. _____ (_____)

Sprint Medley Relay

1. _____
2. _____
3. _____
4. _____ (_____)

Country _____

Team # _____

Team Members

1	
2	
3	
4	
5	
6	
7	
8	
9	

Day 2

800 Meters

1. _____ (_____)
2. _____ (_____)

4 x 400

1. _____
2. _____
3. _____
4. _____ (_____)

Shot Put

1. _____ (_____)
2. _____ (_____)

Day 4

100 Meters

1. _____ (_____)
2. _____ (_____)

Long Jump

1. _____ (_____)
2. _____ (_____)

Team Mile

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____ (_____)

Place Value:

Boy's/Girls

1st place = 5 pts.

2nd place = 3 pts.

3rd place = 1 pts.

Place Value:
 Boy's & Girls

1st place = 5 pts.
 2nd place = 3 pts.

<i>Event</i>	Team 1	Team 2	Team 3	Team 4	Team 5	Team 6	Team 7	Team 8
100 M								
200 M								
400 M								
800 M								
1600 M								
4x100								
4x400								
Medley								
Team Mile								
High Jump								
Long Jump								
Shot Put								
TOTAL PTS								