

Name:

Form:

Year 7 Athletics Homework

1. Name three track events.

A) _____

B) _____

C) _____



2. Name three field events

A) _____

B) _____

C) _____



3. Identify a component of fitness that would be most useful for a 100m sprinter and explain why.

4. Explain two ways in which a sprinter can be disqualified from a 200m race.

A) _____

B) _____

6. Create a profile for a famous athlete of your choice.

A.) Name:

B.) Date of Birth:

C.) What country do they compete for?

D.) What are their chosen event/events?

E.) List the athlete's sporting achievements:

Name:

Form:

7. Complete the grid below by firstly relating a component of fitness to an appropriate athletics event. Secondly, explain why the chosen component of fitness is needed to complete the event.

Component	Event	Example of why it is needed
<u>Cardiovascular Endurance</u>		
<u>Agility</u>		
<u>Speed</u>		
<u>Reaction time</u>		
What is the difference aerobic and anaerobic exercise? _____ _____ _____ _____		

8. What are the three stages of a triple jump called?

A.) _____

B.) _____

C.) _____