

Track and Field



1. Know the basic rules, safety considerations, and warm-up exercises for the six track and field events listed below.

2. Run the 100m dash in the time (seconds) for your sex and age as follows:

BOYS				GIRLS			
Age	Sec.	Age	Sec.	Age	Sec.	Age	Sec.
10	8.2	14	7.1	10	8.5	14	8.0
11	8.0	15	6.9	11	8.4	15	8.1
12	7.8	16	6.7	12	8.2	16	8.3
13	7.5			13	8.1		

3. In sprinting, which part of the foot should touch first during the stride? What are the proper arm and head positions?

4. Run the 400m/800m run-walk in the time (minutes/seconds) for your sex and age as follows:

BOYS				GIRLS			
Age	Min/Sec	Age	Min/Sec	Age	Min/Sec	Age	Min/Sec
10	2' 33"	14	2' 01"	10	2' 48"	14	2'
	46"						
11	2' 27"	15	1' 54"	11	2' 49"	15	2' 46"
12	2' 21"	16	1' 51"	12	2' 49"	16	2' 49"
13	2' 10"			13	2' 52"		

5. Answer the following questions about distance running:
 - a. Find two Bible stories that mention distance runners?
 - b. What are the proper clothes, including shoes, for distance running in your area?
 - c. How long is the average track?
 - d. How far is a marathon race?
 - e. Which part of the foot should touch first during the stride?
 - f. What are the proper arm and head positions while distance running?
 - g. What is the proper way to breathe?
 - h. How does cross-country running differ from running on a track?
6. Run one of the following events at least twice and record the best time:
 - a. 100m hurdles.
 - b. 300m hurdles.
7. Do the high jump with good form at least five times and record the highest jump.
8. Do the long jump three times and record the best length.
9. Run the following relays:
 - a. Visual pass relay
 - b. Blind pass relay

Skill Levels 1 and 2

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