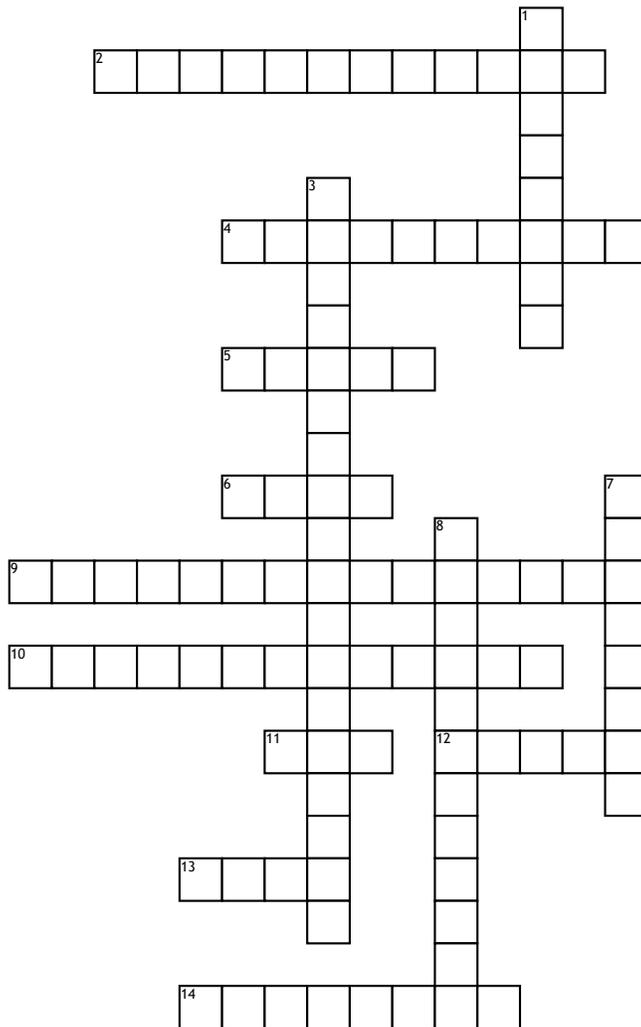


# ATHLETICS



## Across

2. Which one of these is a field event that involves running a short distance? Discus, Shot put, Fencing or Javelin throw
4. A hop, Skip and Jump are parts of what sport?
5. This used in a relay and some runners may refer to this as a "stick"?
6. Similar to most distance jumping events, what do triple jumpers typically land on?

9. What is an important but overlooked aspect of good athlete training?

10. What are the two main categories in athletics?

11. How many hurdles are in a standard hurdles race?

12. How many steps should you take between hurdles in the 110 or 100m hurdles?

13. How many throwing events are there?

14. The ability to move freely and easily..

## Down

1. In what event is the "Hitch-Kick" an internationally recognised method?

3. What is the shortest race which is sometimes \*not\* entirely run in lanes?

7. Which of the following is from the liver and gets converted into a blood sugar, and then delivered through the blood stream?

8. The 100 meters dash is the first event on day one of the decathlon. On which part of the track is it run?

## Word Bank

- |                   |             |               |                      |
|-------------------|-------------|---------------|----------------------|
| Ten               | Glycogen    | Mobility      | four                 |
| Three             | Triple jump | Javelin throw | Track and Field      |
| Sand              | Baton       | home straight | Eight hundred meters |
| Rest and recovery | long Jump   |               |                      |