

## 6<sup>th</sup> Grade Track & Field Review Sheet

1. Know the vocabulary associated with each field event.

Long Jump

Shot Put

High Jump

2. Know the vocabulary associated with running events and relays.
3. List three techniques for performing the long jump.
4. List three techniques for performing the shot put.
5. Know the three types of high jumps taught at OOJH.
6. List which races require a staggered start and why.
7. What commands are used to start a race?
8. Which races require you to sprint the whole time?
9. Which races require pacing?
10. Identify good strategies for running sprint and distant races.