

7th 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.
3. How is the long jump measured?
4. What is good sprinting technique?
5. What sprints are taught at OOJH?
6. How many tries do field competitors get at the long jump, high jump and shot put?
7. Know the vocabulary associated with running events. Example: What is a staggered start?
8. What direction are distant races run?
9. What weights are used in the shot put?
10. How are races started?
11. List three techniques for performing the high jump
12. List three techniques for performing the long jump?
13. Which races require pacing?