

8th Grade Track & Field Review Sheet

1. Know the vocabulary and coaching strategies associated with each field event.

Long Jump

Shot Put

High Jump

2. Know the vocabulary and coaching strategies associated with running events and relays.
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. Which races require pacing and what direction are they run?
9. What weights are used in the shot put?
10. What commands are used to start a race?
11. List three techniques for performing the high jump.
12. List three techniques for performing the long jump.