

Name _____

The 4-Minute Mile: Breaking Barriers with Speed and Smiles

Multiple Choice Questions

1. What was the common belief about running a mile in under four minutes in the early 1950s?
 - a. It was an achievable goal.
 - b. It was a common occurrence.
 - c. It was an impossible feat.
 - d. It was not a priority in athletics.

2. Who were the two athletes featured in our story who set out to break the 4-minute mile barrier?
 - a. Roger Bannister and John Landy
 - b. Usain Bolt and Carl Lewis
 - c. Serena Williams and Martina Navratilova
 - d. Michael Phelps and Mark Spitz

3. What was the date when Roger Bannister successfully broke the 4-minute mile barrier?
 - a. May 6, 1945
 - b. May 6, 1954
 - c. June 6, 1964
 - d. April 6, 1974

4. What was Roger Bannister's time when he completed the mile in under four minutes?
 - a. 4 minutes and 10 seconds
 - b. 3 minutes and 59.4 seconds
 - c. 4 minutes and 5 seconds
 - d. 3 minutes and 55 seconds

5. How did the achievement of breaking the 4-minute mile by Roger Bannister affect the world of sports?
 - a. It had no impact on sports.
 - b. It inspired others to attempt the same feat.
 - c. It led to the cancellation of middle-distance races.
 - d. It discouraged athletes from pursuing excellence.

