

Name _____

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

Open-Ended Response Answer Key

1. Roger Bannister's achievement in breaking the 4-minute mile was a significant milestone in the world of sports, as it shattered a long-held belief about the limits of human performance. It inspired athletes worldwide to push their boundaries and aim for higher goals, ultimately expanding the realm of what was thought possible in sports and human potential.
2. Determination, dedication, and a positive attitude played pivotal roles in Roger Bannister's success. His unwavering commitment to his goal, rigorous training regimen, and belief in his capabilities propelled him to break the 4-minute mile barrier. This highlights the importance of a strong mindset and perseverance in achieving challenging goals.
3. If I were in the crowd on May 6, 1954, witnessing Roger Bannister's historic achievement, I would likely have experienced a range of emotions, including awe, excitement, and pride. The atmosphere would have been electric, with cheers and applause filling the air as Bannister crossed the finish line, proving that the impossible could be achieved.
4. One possible personal experience that seemed challenging but became achievable through perseverance and a positive mindset could be learning to play a musical instrument. Initially, it might have seemed daunting, but with consistent practice, determination, and a positive attitude, progress and proficiency were eventually achieved, resulting in a sense of accomplishment and happiness.

