

Name _____

Pole Vaulting: Launching into the Sky

Multiple Choice Questions

1. What is the primary objective of pole vaulting?
 - a. Running as fast as possible
 - b. Clearing a horizontal bar using a flexible pole
 - c. Lifting heavy weights above the head
 - d. Swimming across a pool with a pole

2. What is the pole in pole vaulting typically made of?
 - a. Wood
 - b. Iron
 - c. Fiberglass or carbon fiber
 - d. Plastic

3. What is the role of the approach run in pole vaulting?
 - a. To provide a resting break
 - b. To pick up speed for the vault
 - c. To swing the pole like a pendulum
 - d. To perform a cartwheel

4. How do pole vaulters clear the bar?
 - a. By flipping over it
 - b. By crawling under it
 - c. By passing over it headfirst while arching their bodies
 - d. By knocking it down with their hands

5. How is the winner determined in a pole vaulting competition?
 - a. By the athlete with the most colorful pole
 - b. By the athlete with the longest approach run
 - c. By the athlete who clears the highest height without knocking the bar down
 - d. By the athlete with the most pole vaulting experience

