

Name _____

Pole Vaulting: Launching into the Sky

Open-Ended Response Questions

1. Discuss the physical and mental challenges that pole vaulters face when attempting to clear higher heights. How do they overcome these challenges?
2. Imagine you are a pole vaulter preparing for a competition. Describe the physical training and mental preparation you would undertake before attempting to clear a significant height.
3. Explain how the skills and techniques learned in pole vaulting can be valuable in other sports or real-life situations.
4. What role does precise timing play in the success of a pole vaulter during the plant and takeoff phases of their vault? How can a vaulter improve their timing?

