

Name _____

Pole Vaulting: Launching into the Sky

Short Answer Key

1. A pole vaulter starts with an approach run, plants the pole into a box at the end of the runway, uses the pole's flexibility to propel themselves over the bar, and clears the bar headfirst while arching their body.
2. The flexibility of the pole allows it to store energy, aiding in the vaulter's upward propulsion over the bar.
3. Coaches assist pole vaulters in improving their performance by providing guidance on technique, approach run, pole placement, and overall training.
4. Points in pole vaulting competitions are earned based on the height cleared, with higher heights earning more points. The winner is the athlete who clears the highest height without knocking the bar down, with fewer attempts at that height breaking ties.
5. Answers may vary, but one famous pole vaulter mentioned in the passage is Sergey Bubka, known for setting multiple world records and his achievements in pole vaulting.

