

Name _____

Pole Vaulting: Launching into the Sky

Open-Ended Response Answer Key

1. Pole vaulters face physical challenges such as generating enough speed and power for a successful vault, as well as the mental challenge of overcoming the fear of heights. They overcome these challenges through rigorous training, mental preparation, and gradually increasing the height of their jumps to build confidence.
2. In preparation for a pole vaulting competition, I would engage in physical training, including strength and flexibility exercises, along with practicing the approach run and takeoff. Mentally, I would visualize successful vaults, focus on timing, and stay confident in my abilities.
3. Pole vaulting skills, such as discipline, determination, and precise timing, can be valuable in other sports that require agility, coordination, and mental resilience. Additionally, these skills can translate to real-life situations by fostering goal-setting abilities and perseverance.
4. Precise timing is crucial during the plant and takeoff phases of a pole vault because it ensures that the vaulter can use the pole's energy effectively for propulsion. A vaulter can improve their timing through practice, focusing on the rhythm of their approach run, and by working with coaches to refine their technique.

