

Name _____

The Thrilling World of Track and Field

Multiple Choice Questions

1. What is track and field all about?
 - A. Racing cars
 - B. Showcasing speed and agility
 - C. Playing chess
 - D. Swimming

2. What event involves sprinting and clearing hurdles?
 - A. Long jump
 - B. Hurdles
 - C. High jump
 - D. Shot put

3. What do high jumpers aim to do in their event?
 - A. Sprint as fast as they can
 - B. Throw a heavy shot
 - C. Soar over a bar without knocking it down
 - D. Race with a baton

4. What is the objective of shot put?
 - A. Jump as far as possible into a sand pit
 - B. Sprint and clear hurdles
 - C. Launch a heavy metal ball as far as possible
 - D. Set a personal best time

5. What teamwork event involves passing a baton?
 - A. Long jump
 - B. High jump
 - C. Shot put
 - D. Relay race

