

Name _____

The Thrilling World of Track and Field

Open-Ended Response Questions

1. Why do you think track and field is not just about individual events, but also about teamwork?
2. What life lessons can athletes learn from participating in track and field?
3. If you were to choose one track and field event to participate in, which one would it be, and why?
4. How can participating in track and field benefit a person's physical fitness and overall well-being?

