

Name _____

The Thrilling World of Track and Field

Open-Ended Response Answer Key

1. Possible Answer: Track and field includes relay races, which require teams to work together, pass a baton, and collaborate to reach the finish line. Teamwork is an essential aspect of the sport.
2. Possible Answer: Athletes can learn the importance of hard work, discipline, and perseverance. They set and work toward goals, practice diligently, and celebrate their achievements, whether personal bests or podium finishes.
3. Possible Answer: Answers may vary. Example: I would choose the long jump because it looks like so much fun to leap into the air and see how far I can jump into the sand pit.
4. Possible Answer: Track and field events involve running, jumping, and throwing, which contribute to improved cardiovascular fitness, strength, and agility. Regular physical activity also promotes overall well-being and mental health.

