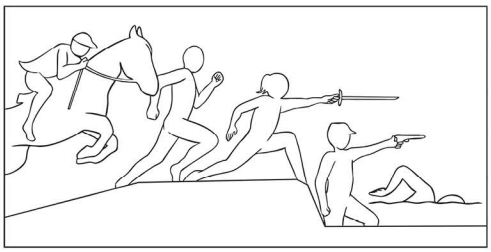
Home Learning

To refine running, jumping and throwing skills.

1. How many events do the athletes compete in, in the following combined events? Draw lines to match the competition with the number of events.

Modern Pentathlon	3 events
Decathlon	7 events
Triathlon	5 events
Heptathlon	10 events

2. Label the five events that take place in the Modern Pentathlon. The five events are: fencing, swimming, show jumping, pistol shooting and cross-country running.



3. Which technique is used to throw the javelin?

_____

4. What is the combination of jumps used in the triple jump?

_____

5. Name two things you would expect to see if you were watching someone with an effective sprinting technique.

- _____
- _____

6. What do the athletes in the Heptathlon and Decathlon competitions traditionally do together at the end of the competition?

_____

Home Learning

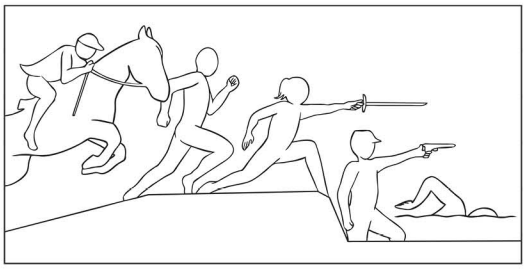
To refine running, jumping and throwing skills.

1. What is a combined event? Fill in the missing words below.

Heptathlon **range** **10 events** **days** **5 weeks**

Combined events competitions are when an athlete competes in a _____of running, jumping and throwing events over one or two _____. Two such athletic events are the _____ (7 events) and Decathlon (_____), which take place over two days. The Triathlon (3 events) and Modern Pentathlon (_____) involve additional events such as swimming, cycling and fencing and only take place over one day.

2. List the five events that take place in the Modern Pentathlon. Use the picture as a clue.



- _____
- _____
- _____
- _____
- _____

3. List the 5 events that took place in the ancient Olympic pentathlon.

- _____
- _____
- _____
- _____
- _____

4. In the relay, what should the outgoing runner do when the incoming runner calls 'hand'?

_____

5. Name four things you would expect to see if you were watching someone with an effective sprinting technique.

- _____
- _____
- _____
- _____

Home Learning

To refine running, jumping and throwing skills.

1. Write down the name of three other combined events and the number of events the athletes compete in next to it. The Triathlon has been done for you.

Combined Event	Number of Events
Triathlon	3 events

2. What does the word 'pentathlon' mean?

_____

3. What is the modern pentathlon? Fill in the missing words.

pistol **points** **fencing** **soldier** **sword** **running**

The Olympic sport involves _____, swimming, show jumping, and a combined event of pistol shooting and cross-country _____. Athletes gain _____ for their performance in each event and scores are combined to give the overall total. The modern-day contest was designed to simulate the experience of a 19th-century cavalry _____(soldier on horseback): he must ride a horse, fight enemies with a _____ and _____, swim, and run to return to his own soldiers.

4. List four privileges that winners of the ancient Olympic pentathlon might receive.

- _____
- _____
- _____
- _____

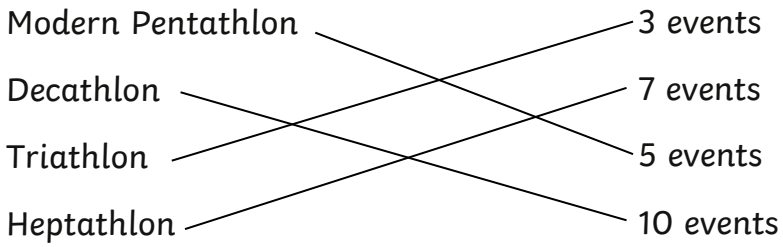
Home Learning

5. Name six things you would expect to see if you were watching someone with an effective sprinting technique.

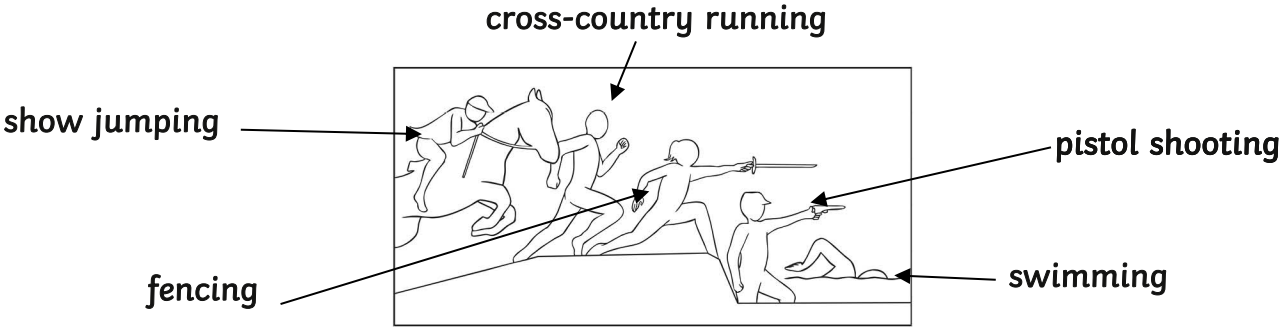
- _____
- _____
- _____
- _____
- _____
- _____

Home Learning **Answers**

1. How many events do the athletes compete in, in the following combined events? Draw lines to match the competition with the number of events.



2. How many events do the athletes compete in, in the following combined events? Draw lines to match the competition with the number of events.



3. Which technique is used to throw the javelin?

The one-handed pull throw technique

4. What is the combination of jumps used in the triple jump?

Hop, step and jump.

5. Name two things you would expect to see if you were watching someone with an effective sprinting technique.

Choose any two answers from the following:

Reacting as quickly as possible to the starting whistle
Keeping a low body position and driving the arms quickly at the beginning to pick up speed (the acceleration phase)
Light, quick movements on the feet
Keeping a relaxed body
Lifting the knees up to a horizontal position
Keeping the arms bent and pumping
Keeping the head still and looking ahead
Contacting the ground with a heel-toe action

6. What do the athletes in the Heptathlon and Decathlon competitions traditionally do together at the end of the competition?

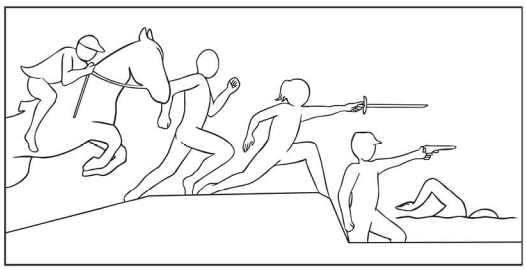
They do a lap of honour together at the end.

Home Learning **Answers**

1. What is a combined event? Fill in the missing words below.

   Combined events competitions are when an athlete competes in a **range** of running, jumping and throwing events over one or two **days**. Two such athletic events are the **Heptathlon** (7 events) and Decathlon (**10 events**), which take place over two days. The Triathlon (3 events) and Modern Pentathlon (**5 events**) involve additional events such as swimming, cycling and fencing and only take place over one day.

2. List the five events that take place in the Modern Pentathlon. Use the picture as a clue.



- **fencing**
- **swimming**
- **show jumping**
- **pistol shooting**
- **cross-country running**

3. List the 5 events that took place in the ancient Olympic pentathlon.

   - **running**
   - **wrestling**
   - **javelin**
   - **discus**
   - **long jump**

4. In the relay, what should the outgoing runner do when the incoming runner calls 'hand'?

   put back their hand to receive the baton

5. Name four things you would expect to see if you were watching someone with an effective sprinting technique.

   Choose any four from the following:

   Reacting as quickly as possible to the starting whistle
   Keeping a low body position and driving the arms quickly at the beginning to pick up speed (the acceleration phase)
   Light, quick movements on the feet
   Keeping a relaxed body
   Lifting the knees up to a horizontal position
   Keeping the arms bent and pumping
   Keeping the head still and looking ahead
   Contacting the ground with a heel-toe action.

Home Learning **Answers**

1. Write down the name of three other combined events and the number of events the athletes compete in next to it. The Triathlon has been done for you.

Combined Event	Number of Events
Triathlon	3 events
Pentathlon	**5 events**
Heptathlon	**7 events**
Decathlon	**10 events**

2. What does the word 'pentathlon' mean?

   Contest of five events

3. What is the modern pentathlon? Fill in the missing words.

   pistol **points** **fencing** **soldier** **sword** **running**

   The Olympic sport involves **fencing**, swimming, show jumping, and a combined event of pistol shooting and cross-country **running**. Athletes gain **points** for their performance in each event and scores are combined to give the overall total. The modern-day contest was designed to simulate the experience of a 19th-century cavalry **soldier** (soldier on horseback): he must ride a horse, fight enemies with a **pistol** and **sword**, swim, and run to return to his own soldiers.

4. List four privileges that winners of the ancient Olympic pentathlon might receive.

   Choose any four from the following: receive a wreath of leaves; a hero's welcome back home; marry rich women; enjoy free meals; invitations to parties; the best seats in the theatres.

5. Name six things you would expect to see if you were watching someone with an effective sprinting technique.

   Choose any six from the following:

   Reacting as quickly as possible to the starting whistle
   Keeping a low body position and driving the arms quickly at the beginning to pick up speed (the acceleration phase)
   Light, quick movements on the feet
   Keeping a relaxed body
   Lifting the knees up to a horizontal position
   Keeping the arms bent and pumping
   Keeping the head still and looking ahead
   Contacting the ground with a heel-toe action.