

Free time

Lesson 1 D

1. Read the text. Select the events that are in the decathlon.

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| 1. ☐ the 100-meter run | 4. ☐ the 500-meter run |
| 2. ☐ the high jump | 5. ☐ the low jump |
| 3. ☐ the 1500-meter hurdles | 6. ☐ the long jum |



The decathlon is a sports competition with ten different events. Athletes compete in all ten events for two days. After the ten events, the person with the best score wins.

There are four races, or track events, in the decathlon: the 100-meter run, the 400-meter run, the 1500-meter run, and the 110-meter hurdles. In the 110-meter hurdles, athletes run and jump. Athletes also compete in six field events. In the long jump, people run and jump. In the high jump, they run and jump over a high bar. In the pole vault, athletes run and jump over a high bar with a long pole. In the shot put, the javelin throw, and the discus

throw, athletes throw different things. The shot is a large heavy ball. The javelin is a long thin pole. The discus is like a large round disk or plate.

The women's decathlon started in 2001. Before 2001, only men competed in the decathlon. Women now compete in the same ten events, but there are some differences. For example, the hurdles are lower and women jump over hurdles on a 100-meter course, not on a 110-meter course, like the men's decathlon. The shot, the javelin, and the discus in the women's decathlon are not as heavy as in the men's events.



2. Read the text again. Then read the sentences and write
True or False

1. _____ The decathlon has twelve events.
2. _____ Athletes throw things in three events.
3. _____ The shot is a large heavy ball.
4. _____ Women jump over hurdles on a 110-meter course.
5. _____ The women's decathlon started in 2001.