

Track and Field

Crouch start Worksheet

Grade 1-3

1. What type of events are crouch start used?

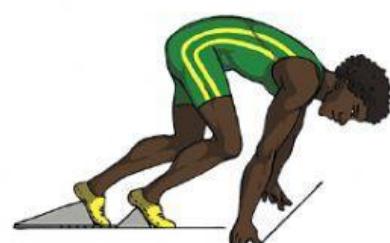
2. Which is an example of an event that use the crouch start?
 - a. Marathon
 - b. 100m
 - c. 800m

3. Match the phases of the crouch start with the correct picture

On your mark

Set

Go



4. What is the Name of the Jamaican sprint athlete?

