

Hurdles Race Quiz (Multiple Choice)

What is a hurdles race?

- A) A walking race
- B) A race with obstacles to jump over
- C) A swimming race

What does an athlete jump over in a hurdles race?

- A) Cones
- B) Hurdles
- C) Ropes

What should the athlete do when approaching a hurdle?

- A) Stop
- B) Jump over it
- C) Sit down

Why is balance important in hurdles?

- A) To fall down
- B) To run slowly
- C) To stay steady and avoid falling

What is the main goal of a hurdles race?

- A) To finish last
- B) To finish as fast as possible
- C) To walk slowly