Here is a series of 9 numbered documents.

You are going to look at them and then answer the questions.

The forward roll
This technique is no longer used today as high jumpers prefer the Fosbury Flop.

The Fosbury Flop: this technique comes from the name of the high jumper Dick Fosbury.
He first did this jump in the Olympic Games in Mexico City, in 1968. It is also called the “back roll”.

High jump has two very different techniques.
They are drawn above.
900 exercises in vocational communication

Once made of bamboo, then of metal, the pole is now made of fibreglass. Pole vaulting to a height of 6 m is like jumping over a two storey building.

Document 2

Placing the events in the stadium

1. Hammer and discus
2. Javelin
3. Shot
4. High jump
5. Pole vaulting
6. Long jump

GO TO THE NEXT PAGE
The discus weighs 1 kg for women and 2 kg for men. The athlete turns round several times before throwing.

Document 4

Tossing the hammer is not a women’s event. The hammer is the only instrument thrown with two hands. Most athletes wear a glove on their left hand to avoid injury.

Document 5
<table>
<thead>
<tr>
<th>900 exercises in vocational communication</th>
<th>Skills concerned</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>DIAGNOSTIC TEST</strong></td>
<td>B C D E</td>
</tr>
<tr>
<td><strong>Page 4</strong></td>
<td>Answers</td>
</tr>
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</table>

**Document 6**

The shot is 7.260 for men and 4 kg for women. While putting the shot, the athlete must not move outside a circle.

**Document 7**

The javelin weighs 800 g for men and 600 g for women. For the javelin event, the run-up must not be longer than 36.5m.
For long jump, the athlete has to pedal in the air to lengthen the distance. When he lands, his feet are pushed forwards to lengthen the jump even more.

Document 8

In triple jump, the athlete puts his feet on the ground twice before the final landing. The foot that pushes off, at the start of the jump, must not go past the plank. If it does go over, there is a footprint to prove it.

Document 9
QUESTION 1

Here is a list of sports events. Underline the events which are shown in the 9 documents.

- pole vaulting
- judo
- archery
- triple jump
- throwing the discus
- throwing the javelin
- high jump

QUESTION 2

In one of the 9 documents, 2 ways of doing a sport are shown. Write the number of the document.

Document: 2

QUESTION 3

The 9 documents concern 2 types of event. In this list, underline these 2 types of event.

- Racing
- Jumping
- Throwing
- Shooting

GO TO THE NEXT PAGE
QUESTION 4

Here are some sports. Copy them in the box putting them in alphabetical order.

- Fencing
- Tennis
- Swimming
- Cycling
- Football
- Skating
- Judo
- Horse-riding
- Cycling
- Fencing
- Football
- Horse-riding
- Judo
- Skating
- Swimming
- Tennis

QUESTION 5

You want to find out the results of a sporting event. Write 3 different media that will give you the results.

1. Television
2. Newspapers
3. Radio (+ Internet)
QUESTION 1

What is the maximum length of the run-up for the javelin?

Your answer: 36.5 m

QUESTION 2

In document 1, why is there a picture of a building?

Your answer: To show the height of the world record. It is the same as the height of a two-floor building. It is easier to imagine with a picture of a building than just with numbers.

QUESTION 3

Look at the document showing the stadium. Which 2 require the largest area?

Your answer: Tossing the hammer and the discus

QUESTION 4

Who first did a back roll at the Olympic Games in Mexico City? Write his name.

Your answer: Dick Fosbury

QUESTION 5

<table>
<thead>
<tr>
<th>DISCIPLINE</th>
<th>NAME</th>
<th>NATIONALITY</th>
<th>TIME</th>
<th>DATE AND PLACE</th>
</tr>
</thead>
<tbody>
<tr>
<td>100 m women’s</td>
<td>Florence GRIFFITH JOYNER</td>
<td>American</td>
<td>10 s 49</td>
<td>1988, USA</td>
</tr>
<tr>
<td>100 m men’s</td>
<td>Asafa POWELL</td>
<td>Jamaican</td>
<td>9 s 77</td>
<td>2005, Greece</td>
</tr>
<tr>
<td>10 000 m women’s</td>
<td>Wang JUNXIA</td>
<td>Chinese</td>
<td>29 mn 31 s 78</td>
<td>1993, China</td>
</tr>
<tr>
<td>10 000 m men’s</td>
<td>Kenenisa BEKELE</td>
<td>Ethiopian</td>
<td>26 mn 17 s 53</td>
<td>2005, Belgium</td>
</tr>
<tr>
<td>Speed skating 500 m women’s</td>
<td>Catriona LEMAY DOAN</td>
<td>Canadian</td>
<td>37 s 22</td>
<td>2001, Canada</td>
</tr>
<tr>
<td>Speed skating 500 m men’s</td>
<td>Hiroyasu SHIMIZU</td>
<td>Japanese</td>
<td>34 s 32</td>
<td>2001, USA</td>
</tr>
<tr>
<td>Swimming 50 m women’s</td>
<td>Inge DE BRUIJN</td>
<td>Dutch</td>
<td>24 s 13</td>
<td>2000, Australia</td>
</tr>
<tr>
<td>Swimming 50 m men’s</td>
<td>Alexander POPOV</td>
<td>Russian</td>
<td>21 s 64</td>
<td>2000, Russia</td>
</tr>
</tbody>
</table>

Who holds the world record in 2005 for the 100 metres men’s

How long did he run for?

What nationality is he?

Your answers: Asafa POWELL, in 9 s 77, Jamaican.
Choose one of the questions from this list:

- Do you like sport? Why?
- Do you like to watch sport? Which ones in particular? Why?
- What is your favourite sport? Why?
- Do you play a sport? Which one? How and where? Why?
- Do you think that playing a sport is helpful for children and young people? Why?
- Would you have liked to be a great champion? In what sport? Why?
- You are not very interested in sport, but you like going to the cinema. What is your favourite film? Why?
- You are not very interested in sport, but you like music. What types of music? Why?

Answer the question that you chose. Give your opinion with at least 5 different reasons. Write at least 15 lines.

Write your text on the next page.
No answers for skills D and E