

# The Decathlon

## Day 1



**The 100 meter dash.** Runners usually run it in around 10 seconds.

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# Day 2



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Which event do you think is the hardest? Why?



## Decathlon



Ashton Eaton needs your help to complete his 10 events over the 2 days. Ensure you follow the instruction carefully for each event

### **DAY 1**

#### **100m**

Help Ashton Eaton run the 100m in the quickest time possible. Draw a line the correct distance. Scale 1cm = 10m

#### **Long Jump**

Ashton Eaton jumps 8:01 in the final round. He travels through an angle of  $137^\circ$  from take-off. Draw an angle  $137^\circ$

#### **Shot Putt**

To get the maximum distance Ashton must throw the shot putt at an angle of  $42^\circ$ . Draw an angle of  $42^\circ$

#### **High Jump**

To beat his personal best Ashton must take off at an angle of  $46^\circ$ . Draw an angle of  $46^\circ$ .

#### **400m**

Help Ashton complete the last event of the day. Draw a line the correct distance  
Scale 1cm = 30m.

## DAY 2

### 110m Hurdles

Ashton runs the race in 14.56s. He manages to not clip any of the hurdles. Draw a line the correct distance. Once the line is draw you need to mark 10 hurdles which start 10m from the start and are placed at 10m intervals. Scale 1cm = 10m

### Discus

Ashton throws a personal best of 49.10m due to the angle of release been  $38^\circ$ . Draw an angle of  $38^\circ$

### Pole Vault.

To stay in the lead Ashton needs to vault a height of 5.25m. To do this his angle from planting the pole to going over the bar has to be  $97^\circ$ . Draw an angle of  $97^\circ$ .

### Javelin.

The penultimate event and Ashton throws the Javelin 65.38m. His angle of  $57^\circ$  is the perfect release angle. Draw an angle of  $57^\circ$

### 1500m.

The gold medal is within Ashton's touch. He just has to complete the distance. Draw a line the correct distance.

Scale 1cm = 120m