

The Decathlon

Day 1



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









Day 2











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° from take-off. Draw an angle 137°

Shot Putt

To get the maximum distance Ashton must throw the shot putt at an angle of 42° . Draw an angle of 42°

High Jump

To beat his personal best Ashton must take off at an angle of 46° . Draw an angle of 46° .

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° . Draw an angle of 38°

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° . Draw an angle of 97° .

Javelin.

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

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