Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   Class#:\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Track Meet Scorecard**

Directions: Complete all of the events on this page. Complete each event **two** times and record your highest score on this scorecard.

Jumps Throws

Long Jump Distance:\_\_\_\_\_\_\_\_\_\_ ft Javelin Distance:\_\_\_\_\_\_\_\_\_ft

Broad Jump Distance:\_\_\_\_\_\_\_\_\_\_ ft Shot Put Distance:\_\_\_\_\_\_\_\_\_ft

Discus Distance:\_\_\_\_\_\_\_\_\_ft

Sprints Races

Hurdles Time:\_\_\_\_\_\_\_\_\_ seconds 4x100m Relay Time:\_\_\_\_\_\_\_\_\_\_\_\_\_

400m Time:\_\_\_\_\_\_\_\_\_\_\_\_\_

*\*\*When you have completed all the events please answer the reflections questions\*\**

**Reflection**

Directions: Please place a checkmark next to the choice that answers the question or statement best to you

1. My effort on all events: 2. Which track skill is your best?

Gave it my all \_\_\_\_\_\_\_ Jumps\_\_\_\_\_\_\_\_

Almost there \_\_\_\_\_\_\_ Throws\_\_\_\_\_\_\_\_

Could have done better\_\_\_\_\_\_ Sprints\_\_\_\_\_\_\_\_

Races\_\_\_\_\_\_\_\_

    3. Which phrase best describes how I 4. List 2 events you think you could improve

treated my teachers/others during

this unit.    1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Focused & Respectful \_\_\_\_\_\_\_    2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

          Could have done better\_\_\_\_\_\_\_