Track and field

Races are started by an official near to the starting line.

"On your marks!"

To get a speedy start, athletes put their feet in 'starting blocks'...

The high jump is all about who can jump the highest.

The long jump is all about who can jump the furthest.

Athletics involves two types of sports. Track events are mostly running races on a track...

...and field events involve jumping or throwing things. These take place on this grassy field.

Pole vaulters jump up and over a very high bar.

The speediest sprinters run 100m in less than 10 seconds.

In hurdle races, athletes leap over raised bars (hurdles) along the track.

Sometimes it's hard to tell who won.

The winners get medals.

There are four throwing events in athletics...

Bats and balls

Players in bat and ball sports need lots of different gear to stay safe...

American football players wear hefty protective pads.

Soccer players wear plastic shin pads.

Basketball players wear loose jerseys and shorts.

Rugby is a rough, tough sport. Some of the players wear protective headgear.

Umpire

Clay tennis court surfaces are made of crushed up bricks, and other materials.

Cricket batsmen wear helmets and pads to protect them from the hard ball.

Bats, balls & rackets