

Class 4 Athletics Assessment: Moving with Max

Learning objective: To demonstrate knowledge of athletic techniques, safety, and the physical benefits of movement.

Read each question carefully. Use your knowledge of athletics to provide clear and accurate answers. Max the monkey is here to cheer you on!

Max the monkey has been practising his athletics skills at the local park. He has been working on his sprinting, his long jump technique, and learning how to keep a steady pace during long-distance runs. Max always makes sure to prepare his muscles before he starts and stretches afterwards to help his body recover.

Word bank: sprint · stamina · pace · technique · warm-up · cool-down · balance · coordination · acceleration

1. Why is it important to perform a warm-up before starting an athletics session? Give two reasons. (2 marks)

2. Explain the difference between a 'sprint' and a 'long-distance run' in terms of speed and energy. (2 marks)

3. Max is practising his long jump. Describe one way he can improve his jump distance using his body movement. (2 marks)

4. Name three pieces of equipment or track markings you might see during an athletics event and explain what they are used for. (3 marks)

5. If Max wants to improve his stamina for cross-country running, how should he change his training routine? Explain your reasoning. (3 marks)

6. Why do athletes perform a 'cool-down' after a race? Mention what happens to the heart rate and muscles. (3 marks)

7. Max is organising a sports day for his friends. He wants to include a relay race. Describe the rules for a safe baton handover and explain why teamwork is essential in this specific event. (5 marks)

8. How does athletics help a person lead a healthy lifestyle? List two physical benefits and one mental benefit. (5 marks)

Draw: Draw a diagram of an athlete in the middle of a 'ready' stance for a sprint race. Label the position of their arms and knees.



Extension challenge: Total: /25. Challenge: Research the world record for the 100m sprint. If a runner costs £5.00 to enter a race, how much would it cost for 12 of Max's friends to enter?