

Class 4 Athletics Mastery with Max the Monkey

Learning objective: To identify key athletic movements, safety practices, and terminology used in track and field events.

Read each flashcard to learn about athletics. The front shows the term or question, and the back provides the definition or key fact. Use these to test your knowledge with a partner!

What is a Sprint?

A short, fast race where you run at your maximum speed for the whole distance.

What is the purpose of a warm-up?

To gently raise your heart rate and prepare your muscles for exercise, which helps prevent injury.

Explain a Relay race.

A race where a team of runners take turns to complete parts of the distance, passing a baton to the next person.

What does 'Stamina' mean in athletics?

The physical strength and energy that allows you to keep running or moving for a long period of time.

What is a Javelin?

A long, spear-like implement that athletes throw for distance in field events.

Describe the Long Jump.

An event where an athlete runs along a track and jumps as far as they can into a sandpit.

Why do we perform a cool-down?

To help the body recover gradually after exercise and prevent muscles from feeling stiff the next day.

What is 'Pacing'?

Controlling your speed during a long race so that you do not run out of energy too early.

What is a Discus?

A heavy, disc-shaped object that an athlete throws for distance from a circular area.

Why is 'Technique' important?

It is the correct way to move your body to be as efficient, safe, and successful as possible in an event.

Max the Monkey is running a 400m race. Should he start at top speed?

No, he should use pacing to save energy for the final part of the race!

What is the most important rule of athletics safety?

Always listen to your teacher's instructions and be aware of where other athletes are at all times.