

# Athletics Performance Fact-File

*Learning objective: To record, evaluate, and improve personal performance in athletics activities such as running, jumping, and throwing.*

Follow Max the monkey's lead! After practising your athletics skills, use this fact-file to record your results. Be honest about your performance and think about how you can improve your technique for next time.

*Word bank: stamina · technique · sprint · distance · acceleration · personal best · coordination · momentum*

**1. Event Details: Which athletics event are you measuring today (e.g., 60m sprint or long jump)? What was your result, and how did you feel during the activity? (2 marks)**

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**2. Technique Analysis: Describe the body position or movement you used to achieve your result. Did you keep your head up, use your arms, or focus on your landing? (2 marks)**

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**3. Personal Best: Is this result a new Personal Best (PB) for you? If not, what small change could you make to your technique to improve your distance or time next time? (2 marks)**

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**4. Maths in Motion: If you ran 60 metres in 12 seconds, what was your average speed? Max thinks it is important to track these numbers to see progress over the term. (2 marks)**

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**5. Goal Setting: Set one specific goal for your next athletics session. How will you practise this during your warm-up or main activity? (2 marks)**

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*Extension challenge: Create a bar chart on a separate piece of paper to compare your results from today with your results from last week. Can you spot the improvement?*