

Max's Athletics Challenge: Sorting and Sequencing

Learning objective: To understand the techniques and rules involved in Year 4 athletics events, including sprinting, jumping, and throwing.

Max the monkey has been practising for the school sports day, but he has mixed up all his athletics equipment and techniques! Help Max by sorting the items into the correct event categories and then sequencing the steps for a successful long jump.

Word bank: Starting blocks · Relay baton · Javelin · Landing pit · Take-off board · Sprint · Throw · Jump

1. Task 1: Sort the items from the word bank into their correct athletics event: Sprint, Throw, or Jump. (3 marks)

2. Task 2: Max needs to order the steps for a long jump. Number these steps 1 to 4: [] Landing in the sand, [] Running at speed along the track, [] Jumping off the take-off board, [] Preparing for the approach. (4 marks)

3. Task 3: Why is it important to warm up your muscles before starting a sprint race? (2 marks)

4. Task 4: If a new relay baton costs £4.50 and a set of starting blocks costs £12.00, how much would Max spend in total? (2 marks)

5. Task 5: True or False: In a relay race, you must pass the baton to your teammate inside the changeover zone. Explain why. (2 marks)

Draw: Draw a picture of Max the monkey wearing his sports kit, successfully throwing a javelin or completing a long jump into a sand pit.



Extension challenge: Research one Olympic athletics record. Write down the name of the athlete, the event, and the record distance or time. How much further or faster is that compared to your own personal best?