

Athletics in Action with Leo the Lion

Learning objective: To identify and illustrate key athletic movements and equipment used in track and field events.

Follow the drawing prompts below to create your own athletics field. Use the word bank to label the different parts of your scene. Make sure your lines are clear and neat.

Draw: Create a wide-landscape scene showing a sports stadium. Include Leo the Lion as the coach standing on the side. Draw a running track with distinct lanes, a marked finish line, and a field area containing a throwing circle and a high jump landing zone. Use clean, bold outlines and add labels from the word bank to show where each piece of equipment belongs.



Label words: Starting blocks · High jump mat · Relay baton · Track lane · Discus · Finish line

Steps:

1. Step 1: Draw a long, straight line across the bottom of your page to represent the track and draw a runner holding a baton. What is the name of the event where runners pass a baton to a teammate?
2. Step 2: Draw a large, soft square shape on the side of the track. Label this as the 'High jump mat'. Why do athletes need a soft mat for this event?
3. Step 3: Draw a small circle in the hand of an athlete standing in a throwing circle. Label this 'Discus'. Is

this a track event or a field event?

4. Step 4: Draw a set of 'Starting blocks' at the beginning of your track lane. Why do sprinters use starting blocks?

5. Step 5: Label the 'Finish line' at the end of your track lane. How does an athlete know they have completed the race?