

## Athletics Adventure with Leo the Lion

Get Ready, Get Set, Go! Join Leo the Lion on the track to discover your sporting potential!

- **Sprinting is all about explosive speed; keep your head still and pump your arms to help you move faster across the short distance.**
- **When jumping for distance, focus on your 'take-off' point and use your arms to swing forward, helping you gain momentum through the air.**
- **Throwing events require balance and precision; remember to twist your body to create power before you release the object.**
- **Endurance running is not just about speed, but pacing yourself so that you have enough energy to complete longer distances.**
- **Always warm up your muscles with gentle movements before starting, and remember to cool down afterwards to keep your body healthy.**

*Did you know? Did you know? In ancient times, athletes competed in the original Olympic Games barefoot to show their natural speed and strength! Today, we use special trainers to help us grip the track and stay safe while we run.*

**Key vocabulary: Sprint · Endurance · Technique · Velocity · Coordination · Stamina**