

Max's Athletics Adventure Quiz

Learning objective: To recall and apply knowledge of key athletic events, techniques, and safety rules as part of the Year 4 PE curriculum.

Max the monkey is getting ready for a sports day! Read the questions carefully and test your knowledge of athletics. Choose the correct answer or write your response in the space provided.

Answer Key: 1. A, 2. True, 3. False, 4. B, 5. C, 6. True, 7. Baton, 8. True, 9. B, 10. Warm-up. All answers are based on standard Year 4 PE athletics knowledge.

Word bank: Sprint · Javelin · Relay · Technique · Endurance · Triple jump

1. 1. Which of these is a short, fast race? A) Marathon B) Sprint* C) Long jump D) High jump (1 mark)

2. 2. True or False: In a relay race, runners pass an object called a baton to their teammates. (1 mark)

3. 3. True or False: It is safe to start running at full speed without doing a warm-up first. (1 mark)

4. 4. What is the correct way to land after a long jump? A) On your heels B) On both feet with knees bent* C) On one leg D) On your stomach (1 mark)

5. 5. Which event involves throwing an object as far as you can? A) Hurdling B) Sprinting C) Javelin* D) Jogging (1 mark)

6. 6. True or False: A good athletics technique helps you move more efficiently and prevents injuries. (1 mark)

7. 7. What is the name of the object passed between runners in a relay race? (1 mark)

8. 8. True or False: Athletics includes events for both running and jumping. (1 mark)

9. 9. If you are doing a high jump, what do you jump over? A) A wall B) A bar* C) A river D) A bench (1 mark)

10. 10. What should you do before starting any race to get your muscles ready? (1 mark)

Draw: Draw Max the monkey wearing a sports kit and holding a baton, getting ready for a relay race on a running track.



Extension challenge: Max wants to organise a mini-athletics event for his friends. If a ticket to watch the event costs £2.50, how much would it cost for a group of 4 friends to attend? Show your working out!