

Athletics Challenge with Max the Monkey

Learning objective: To understand the techniques and rules involved in track and field athletics, focusing on sprinting, jumping, and throwing for distance.

Read each question carefully and apply your knowledge of athletics. Think about how Max uses maths and measurement to improve his performance on the track!

Word bank: sprint · stamina · velocity · technique · acceleration · trajectory · landing · finish line

1. Max is practising his 100-metre sprint. Explain why it is important for him to stay in his own lane during a race. (2 marks)

2. When performing a long jump, why does the athlete need to focus on their take-off angle? Use the word 'trajectory' in your answer. (2 marks)

3. If Max runs a race in 15 seconds and his friend runs it in 18 seconds, how many seconds faster was Max? Show your calculation. (2 marks)

4. In a relay race, why is the 'baton change' considered the most important part of the race strategy? (2 marks)

5. You are measuring a throw in athletics. If the tape measure shows 4 metres and 50 centimetres, how would you write this using the £ symbol style for decimals? (e.g., 4.50m). Why is it important to measure from the exact spot where the object first touched the ground? (2 marks)

Draw: Draw a diagram of a running track. Label the start line, the finish line, and one lane. Include a small drawing of Max the Monkey preparing to start a race in a crouched position.



Extension challenge: Research a 'field event' such as the shot put or javelin. Write three rules that an athlete must follow to make sure their throw is counted as a 'fair' attempt.