

Max's Athletics Challenge: Speed, Spring, and Strategy

Learning objective: To identify key techniques and terminology used in track and field athletics, focusing on sprinting, jumping, and throwing disciplines.

Max the monkey is preparing for the Athletics Carnival! Use your knowledge of movement, technique, and rules to answer these 10 questions. Remember to show your working for the maths-based question.

Answer Key: 1. A (Stamina); 2. True; 3. C (Technique); 4. £12.50; 5. B (Momentum); 6. False; 7. Sprint; 8. D (All of the above); 9. True; 10. Baton. Explanation for Q4: $5 \text{ runners} \times £2.50 = £12.50$.

Word bank: Sprint · Javelin · Stamina · Technique · Velocity · Momentum · Triple Jump · Relay

1. Which term describes the ability to keep running at a fast pace for a long distance? A) Stamina* B) Velocity C) Sprinting D) Skipping (1 mark)

2. True or False: In a relay race, the object passed between teammates is called a baton. (1 mark)

3. When performing a long jump, which is most important for a safe landing? A) Closing your eyes B) Running backwards C) Proper technique* D) Holding a heavy ball (1 mark)

4. Max is buying medals for his team. If each medal costs £2.50 and he buys 5, what is the total cost? (1 mark)

5. Which word describes the force Max gains as he runs faster toward the jumping pit? A) Friction B) Momentum* C) Gravity D) Weight (1 mark)

6. True or False: In a sprint race, it is acceptable to step into the lane next to you to get ahead. (1 mark)

7. What is the name of the short, high-speed running race? (1 word) (1 mark)

8. Which of these is a field event? A) Shot put B) Discus C) High jump D) All of the above* (1 mark)

9. 9. True or False: Warming up before athletics helps prevent muscle injuries. (1 mark)

10. 10. What piece of equipment must be passed carefully in a relay race? (1 mark)

Draw: Draw Max the monkey demonstrating the perfect 'ready' position for a sprint race. Include labels for his 'bent knees', 'focused eyes', and 'active stance'.



Extension challenge: 1. Explain why a relay runner might choose to use a 'blind exchange' when passing the baton. 2. Compare and contrast the physical requirements of a long-distance runner versus a shot putter. 3. Justify why athletes often wear spiked shoes on a track. 4. What might happen if an athlete begins their sprint before the starting signal? 5. If a track is 400 metres long, how many full laps must an athlete run to complete a 3,000-metre race? 6. Design a new athletics event that combines two existing skills and explain the rules.