

Athletics Mastery with Max and Leo

Learning objective: To understand the techniques, safety requirements, and physical demands of track and field athletics events.

Read each question carefully. Use your knowledge of athletics techniques and safety to provide detailed answers. Remember to use full sentences.

Word bank: sprint · stamina · technique · momentum · acceleration · take-off · landing · coordination

1. Max is preparing for the 100m sprint. Explain why a low crouch start is more effective for his initial acceleration than standing upright. (2 marks)

2. Leo is practising the long jump. Describe the three phases of the jump: the approach, the take-off, and the landing. Why is the 'landing' phase important for safety? (3 marks)

3. In a relay race, runners must pass a baton within a specific 'changeover zone'. Why is it vital for the outgoing runner to begin running before the incoming runner arrives? (2 marks)

4. If Max wants to improve his stamina for the 800m race, why should he focus on pacing himself rather than sprinting the entire distance at full speed? (2 marks)

5. Athletics events often involve equipment. List two safety rules you must follow when using javelins or shot-put equipment during a school PE lesson. (2 marks)

Draw: Draw a diagram of a long jump pit, labelling the 'run-up track', the 'take-off board', and the 'sand landing area'. Show a stick figure in mid-air performing the jump.



Extension challenge: Research the history of the Olympic Games. Write a short paragraph explaining how athletics events have evolved from ancient times to the modern day.