

Class 4 Athletics Assessment: Mastering Movement

Learning objective: To assess pupils' understanding of athletic techniques, physical fitness components, and the rules of track and field events.

Read each question carefully. Use your knowledge of athletics, including sprinting, jumping, and throwing techniques, to provide detailed answers. Ensure you use technical vocabulary where appropriate.

Max the monkey is preparing for the school athletics carnival. He has been practising his sprinting start, his long jump take-off, and his throwing technique for the beanbag toss. Max knows that athletics is not just about being the fastest; it is about combining strength, balance, and rhythm to achieve the best personal performance.

Word bank: acceleration · stamina · coordination · trajectory · velocity · technique · follow-through · pacing

1. Identify two physical components of fitness that a sprinter needs to develop to improve their speed over a 50-metre race. (2 marks)

2. Explain why a 'follow-through' motion is essential when throwing an object for distance. How does this affect the object's trajectory? (3 marks)

3. Compare and contrast the breathing techniques required for a short, high-intensity sprint versus a long-distance endurance run. (3 marks)

4. If you were teaching a friend how to perform a standing long jump, list the three most important steps to ensure a safe and effective landing. (3 marks)

5. Justify why it is important to perform a warm-up routine before participating in athletic events. What might happen to the muscles if this is skipped? (4 marks)

6. Max wants to buy new sports equipment for his training. He finds a pair of running socks for £4.50 and a stopwatch for £8.75. If he pays with a £20 note, how much change should he receive? Show your working out. (5 marks)

7. Imagine you are designing a new athletics event that combines two different skills. Describe your event, the equipment needed, and the rules for scoring. (5 marks)

Draw: Draw a diagram of an athlete in the middle of a long jump. Label the 'take-off' point, the 'flight' phase, and the 'landing' position.



Extension challenge: Total: /25. Extension Task: Write a short paragraph explaining how technology (such as digital timers or video analysis) might change the way we measure athletic performance in the future. Why is accuracy so important in competitive sports?