

Athletics Mastery with Max the Monkey

Learning objective: To understand the terminology, techniques, and safety protocols involved in Class 4 athletics, including track and field events.

Read each flashcard carefully. Use the front of the card to test your knowledge of athletics, then check the answer on the reverse to see if you have mastered the skill or term.

What is the primary goal of a short-distance sprint?

To reach maximum velocity as quickly as possible and maintain it until the finish line.

What is the correct technique for the 'baton exchange' in a relay race?

The outgoing runner begins accelerating before the incoming runner arrives, receiving the baton while both are moving at speed.

Why is 'pacing' crucial in a long-distance run?

It prevents the athlete from using all their energy too early, allowing them to maintain a consistent speed for the duration of the event.

What does 'trajectory' mean in throwing events like the javelin or shot put?

The curved path an object follows through the air after being thrown.

How can an athlete improve their long jump distance?

By increasing their approach speed, ensuring a powerful take-off, and extending their legs during the flight phase.

Explain the importance of a 'warm-up' before athletics.

It increases blood flow to muscles, improves flexibility, and prepares the body for physical exertion to reduce the risk of injury.

What is the difference between a track event and a field event?

Track events involve running on the track, while field events involve jumping or throwing within the central grass area.

Why is 'coordination' essential for hurdles?

It allows the athlete to time their stride and jump rhythmically so they can clear the obstacle without breaking their running momentum.

Define 'stamina' in the context of athletics.

The ability to sustain physical or mental effort over a long period.

What does 'follow-through' mean in a throwing event?

Continuing the movement of the body after releasing the object to ensure maximum power and accuracy.