

Athletics Adventure with Leo the Lion

Learning objective: To identify and classify different athletic disciplines and understand the importance of technique and measuring performance.

Leo the Lion is organising a school sports day! He needs your help to sort the athletic events into the correct categories: Track (running), Field (jumping/throwing), or Combined Events. Read the event descriptions below and decide which category each one belongs to, then answer the questions to help Leo plan the perfect event.

Word bank: Track · Field · Combined Events · Relay · Javelin · Triple Jump · Heptathlon

1. The 100m sprint is a classic event. Is this a Track event or a Field event, and why? (2 marks)

2. If an athlete is competing in the Javelin, are they running around a circuit or throwing an object for distance? Explain your answer. (2 marks)

3. Leo wants to buy 4 relay batons for the school. Each baton costs £2.50. How much will he spend in total? Show your working. (2 marks)

4. What is the main difference between a standard individual event and a 'Combined Event' like the Heptathlon? (2 marks)

5. When performing a long jump, why is it important for an athlete to focus on their 'take-off' technique? (2 marks)

Draw: Draw a diagram of a running track and label the positions for a 4x100m relay handover zone.



Extension challenge: Research how athletes measure their success in jumping events. If an athlete jumps 4.25m in their first attempt and 4.80m in their second, how much further did they jump in their second attempt? Write down the calculation.