

Max's Athletics Training Day

Learning objective: To identify and describe different athletics movements used in sprinting, jumping, and throwing.

Max the monkey is training for the school sports day! Look at the pictures of movements below. Draw a line to match each athletics action to the correct description. Use the word bank to help you complete the sentences.

Word bank: sprint · long jump · throw · finish line · balance

1. 1. To run as fast as you can in a race, you perform a _____. (1 mark)

2. 2. When you leap into the sand pit, you are doing a _____. (1 mark)

3. 3. To send a ball or beanbag through the air, you must _____ it. (1 mark)

4. 4. What is the most important thing to keep when you are landing a jump? (Hint: Think of Max on a branch!) (2 marks)

Draw: Draw a picture of Max the monkey practicing his favourite athletics event. Show him wearing a sports kit and moving quickly!



Extension challenge: Write one sentence about a sport you like to play. What is your favourite thing to do in PE?