

Year 4 Athletics Assessment: Moving with Max

Learning objective: To demonstrate knowledge of athletic techniques, safety, and the importance of warming up.

Read each question carefully. Max the monkey is here to help you think about your athletics skills! Write your answers clearly on the lines provided.

Max the monkey is getting ready for his athletics day. He knows that athletics is about running, jumping, and throwing. Before he starts, he always makes sure his muscles are ready and his heart is beating a little faster. He remembers to use the correct technique to stay safe and go as fast or as far as he can.

Word bank: Warm-up · Sprint · Javelin · Heart rate · Cool down · Balance · Technique · Distance

1. Why is it important to do a 'warm-up' before you start running? Give one reason. (2 marks)

2. Max wants to run a short race as fast as he can. Is this a sprint or a long-distance run? Circle the correct answer. (1 mark)

3. When you are throwing an object like a beanbag or a foam javelin, why is it important to check the area is clear? (2 marks)

4. List two things that happen to your body when you exercise hard. (2 marks)

5. Max is practising his long jump. Describe one thing he should do to make sure he lands safely. (3 marks)

6. If a race entry fee costs £2.50, and you have £5.00, how much change would you get back? (2 marks)

7. Explain why we do a 'cool down' after athletics. You might want to think about how your body feels and how we can prevent injuries. (5 marks)

8. Imagine you are teaching a friend how to throw. Write three simple steps to help them throw safely and accurately. (8 marks)

Draw: Draw a picture of Max the monkey in the middle of an athletic activity. Make sure he is wearing safe sports clothes!



Extension challenge: Total: /25. Challenge: Write a short poem about how it feels to cross the finish line after a long race.