

Athletics Flashcards with Max the Monkey

Learning objective: To learn key terms and techniques used in athletics, such as sprinting, jumping, and throwing.

Read the front of the card. Try to guess the answer. Then, look at the back of the card to check if you are right.

Max the Monkey loves to get active!

Sprint

Running as fast as you can over a short distance.

Relay

A race where team members take turns to run and pass a baton.

Stamina

The energy used to keep going for a long time.

Long jump

A sport where you run and jump into a sand pit.

Javelin

A long spear that an athlete throws for distance.

Finish line

The place where a race ends.

Warm-up

Gentle exercise done before a race to prepare your muscles.

Posture

The way you hold your body while running or standing.

Start blocks

Tools used by sprinters to push off quickly at the start.

Personal Best

Your fastest time or longest distance ever achieved.