

Max's Athletics Adventure!

Get set, get ready, and go! Let's learn how to move like an athlete.

- **Sprinting is running as fast as you can for a short distance. Keep your head still and pump your arms to go faster!**
- **In a relay race, a team works together. You must pass a baton to your teammate without dropping it.**
- **Long jumping requires speed and a powerful leap. Aim to land softly on two feet in the sand pit.**
- **Throwing events use strength and technique. Always check the area is clear before you throw your equipment.**
- **Stamina is your body's ability to keep going. Long-distance running helps build your heart and lung health.**

Did you know? Did you know? Athletics is one of the oldest sports in the world! People have been running, jumping, and throwing for thousands of years to show how fast and strong they are.

Key vocabulary: Sprint · Relay · Javelin · Stamina · Technique · Balance