

Max's Athletics Adventure

Learning objective: To identify key athletics skills and equipment used in track and field events.

Hello! I am Max the monkey. I love maths and I love to move! Read each question carefully. Use the word bank if you get stuck. You can do it!

Answer Key: 1. A (Sprint), 2. True, 3. Baton, 4. C (Long jump), 5. False, 6. Sprint, 7. True, 8. B (Javelin), 9. True, 10. Relay.

Word bank: Sprint · Relay · Baton · Javelin · Long jump

1. 1. What do we call a very fast run over a short distance? A) Sprint* B) Walk C) Crawl D) Hop (1 mark)

2. 2. True or False: In a relay race, you pass an object to your teammate. (1 mark)

3. 3. What is the name of the stick you carry in a relay race? (1 mark)

4. 4. Which event involves jumping into a sand pit? A) High jump B) Throwing C) Long jump* D) Running (1 mark)

5. 5. True or False: You should always run in someone else's lane. (1 mark)

6. 6. Fill in the blank: To win a _____, you must run as fast as you can. (1 mark)

7. 7. True or False: Athletics includes both running and jumping events. (1 mark)

8. 8. Which of these is a throwing event? A) Skipping B) Javelin* C) Clapping D) Swimming (1 mark)

9. 9. True or False: It is important to warm up your muscles before you run. (1 mark)

10. 10. What is the name of the team race where you pass a baton? (Hint: See word bank) (1 mark)

Draw: Draw a picture of Max the monkey wearing a sports vest and trainers, getting ready to run a race on a track.



Extension challenge: Pick your favourite athletics event. Write one sentence about why it is fun to do!