

Max's Athletics Achievement Log

Learning objective: To record personal performance in athletics and identify ways to improve physical skills.

Max the monkey wants to see how much you have improved! Use this sheet to record your results from your PE athletics lesson. Follow these steps: 1. Write down the activity you did. 2. Write your score or time. 3. Think about how you could do better next time.

Word bank: sprint · jump · throw · distance · seconds · metres · faster · further · technique · practice

1. My Athletics Activity: What sport did you practice today? (e.g. long jump, relay, or throwing)

2. My Result: What was your time in seconds or your distance in metres?

3. My Technique: What part of your body did you use most? (e.g. legs for jumping, arms for throwing)

4. My Goal: How will you try to get a better score next time? (e.g. I will practice running faster)

Extension challenge: Draw a picture of yourself in the box below showing your best athletics position.