

Athletics Word Mat: Get Moving with Max and Zara!

Learning objective: To learn and understand key vocabulary for athletics to help us track our performance.

Key Vocabulary

Use this word mat to help you talk about your athletics lessons. Max the monkey loves measuring his jumps, and Zara the zebra spots patterns in how we move. Look at the categories below to find the word you need.

What do we call t...	If you beat your ...	Why is it importa...
Which athletics e...		