

Athletics with Max the Monkey

Learning objective: To understand the basic skills used in athletics and how to prepare the body for movement.

Max the Monkey loves to move! Look at the pictures and the words below. Use the word bank to help you answer the questions. Ask your teacher if you need help with the sentences.

Word bank: Warm-up · Sprint · Javelin · Stamina · Long jump

1. Max always does a _____ before he starts to run. This gets his muscles ready. (Clue: It is the first thing we do in PE!) (1 mark)

2. If you want to run as fast as you can in a short race, this is called a _____. Write a sentence about why running fast is fun. (2 marks)

3. In athletics, we use a long pole to throw in a competition. This event is called a _____. (1 mark)

4. If you jump as far as you can into a sand pit, what is the name of this event? Start your answer with: The event is called... (2 marks)

5. Why is it important to have a drink of water after playing athletics? (Clue: Think about what your body needs after working hard.) (2 marks)

Draw: Draw a picture of Max the Monkey doing your favourite athletics event. Is he jumping, running, or throwing?



Extension challenge: Max wants to buy new trainers for his athletics club. They cost £15.50. If he has a £20 note, how much change will he get? Show your working out.