

Max's Athletics Academy: Mastering the Track and Field

Lace up your trainers and get ready to challenge your personal best!

- **The Sprint:** To achieve maximum velocity, keep your head neutral, drive your knees high, and use your arms to pump in rhythm with your legs.
- **The Relay:** Communication is key. The outgoing runner must start running before the incoming runner arrives, ensuring the baton pass happens smoothly within the designated exchange zone.
- **The Long Jump:** Focus on the 'take-off'. A powerful plant of the foot followed by a strong arm swing helps you lift off effectively from the board.
- **The Shot Put:** This requires explosive power. Keep the shot tucked close to your neck and use a push motion, not a throw, to gain the best distance.
- **The High Jump:** Use the 'flop' technique to arch your back over the bar. This keeps your centre of gravity as low as possible while clearing the height.
- **Sportsmanship:** In athletics, we always congratulate our competitors. Whether you win or lose, showing respect is what makes a true champion.

Did you know? Did you know? In long jump, athletes do not just jump upwards; they aim for a specific angle of about 20 to 25 degrees to achieve the greatest distance. Max the monkey calculates that the faster you run during the approach, the more momentum you carry into your flight!

Key vocabulary: Sprint · Stamina · Technique · Velocity · Trajectory · Momentum