

Max's Athletics Training Log

Learning objective: To record, compare, and analyse personal performance in athletics activities including sprinting, throwing, and jumping.

Max the monkey loves to turn every movement into a maths challenge! Use this log to record your results from today's PE session. Be sure to measure your distances accurately using metres and centimetres, and use your times to calculate your personal bests.

Word bank: sprint · stamina · technique · trajectory · velocity · personal best · acceleration · measurement

1. Sprint Performance: Record your time for the short distance sprint. How many seconds did it take you? What could you change about your technique to improve your speed next time? (2 marks)

2. Jump Measurement: After your long jump, record your distance in metres and centimetres. How does your distance compare to the rest of your group? (2 marks)

3. Throwing Technique: Describe the equipment you used for throwing (e.g., vortex, beanbag, or ball). How did your throwing angle affect the distance the object travelled? (2 marks)

4. The Maths Challenge: If you completed a 50-metre sprint in 10 seconds, what was your average speed in metres per second? Show your calculation. (3 marks)

5. Reflection: What was the most challenging part of today's athletics session, and what specific muscle groups did you feel working the hardest? (2 marks)

Extension challenge: Design a training plan for Max the monkey to help him beat his personal best. List three exercises he should do to improve his jumping power and explain why each one helps.