

Athletics in Motion: The Field of Dreams

Learning objective: To identify, describe, and illustrate the physical mechanics and equipment used in track and field athletics.

Follow the drawing prompt to create your own athletics scene. Use the word bank to label the equipment and parts of the athlete's body involved in movement.

Draw: Draw a multi-sport athletics scene featuring a running track and a field area. Include a character mid-sprint using starting blocks, and another character preparing to throw a javelin. Use a clean, diagrammatic style with clear lines. Ensure the athletes are drawn in active poses that show muscle engagement. Add a curved dotted line to show the path of the javelin through the air.



Label words: Starting blocks · High jump bar · Javelin · Finishing line · Bicep · Quadriceps · Core · Trajectory

Steps:

1. Explain why a sprinter uses starting blocks to begin a race. Justify your answer using the concept of force.
2. Compare and contrast the muscles needed for a long-distance run versus a short-distance sprint.
3. Label the trajectory of a javelin in your drawing. What might happen to the distance of the throw if the angle of release is too steep?
4. Identify one piece of safety equipment an athlete might use. Why is this equipment essential for

preventing injury?

5. If Max the Monkey were competing in a relay race, why would the hand-over technique be the most important part of his performance?
6. Justify why warm-up exercises are a vital requirement before participating in any athletics event.