

Max's Athletics Performance Log

Learning objective: To record, compare, and analyze personal performance in athletic events using measurement and tactical reflection.

Use this log to track your results during today's athletics session. Max the monkey loves to analyze data to improve his speed and technique! Fill in your personal bests, identify your strengths, and justify your choices for improvement. Ensure you use the correct units of measurement (seconds for track, metres/centimetres for field).

Word bank: sprint · stamina · technique · velocity · acceleration · distance · momentum · consistent · strategy · personal best

1. Event Analysis: Describe the specific event you participated in today and record your final measurement (time or distance). (2 marks)

2. Technique Review: Explain the physical technique you used to achieve your result. Why was this specific movement effective for this event? (3 marks)

3. Comparative Data: Compare your performance today to a previous attempt. Was your result consistent? Explain why or why not. (3 marks)

4. Justification: Max believes that 'strategy is as important as speed'. Justify how you could adjust your pace or movement to improve your result next time. (4 marks)

5. Hypothesis: What might happen to your performance if you altered your starting position or your breathing rhythm? Explain your reasoning. (4 marks)

6. Evaluation: If you were coaching a teammate, which two pieces of advice would you give them to help them succeed in this event? Why? (3 marks)

Extension challenge: Design a training plan for a new athlete. Include three different exercises to improve their agility and strength. Explain how each exercise relates to the specific demands of a chosen athletics event.