

Athletics Mastery with Max the Monkey

Learning objective: To understand key terminology, techniques, and rules used in Grade 4 athletics events.

Read the front of the card to test your knowledge of athletics. Flip the card mentally (or turn it over) to check if your definition matches Max's expert guide.

Sprint

A race run at full speed over a short distance.

Relay

A race where team members take turns to run a specific distance, passing a baton to the next runner.

Personal Best (PB)

The best time or distance an athlete has ever achieved in a specific event.

Starting Blocks

Equipment used by sprinters to provide a firm surface to push against at the start of a race.

Long Jump

A field event where an athlete runs along a track and jumps as far as possible into a sand pit.

Javelin

A field event where athletes throw a long, spear-like implement as far as possible.

Stamina

The physical or mental energy needed to sustain effort over a long period, such as in long-distance running.

Discus

A heavy disc-shaped object that an athlete throws for distance.

Technique

The specific way an athlete performs a movement to be as efficient and effective as possible.

Foul

An action that breaks the rules of an event, such as stepping over the line in a jump or throw.