

## Year 5 Athletics Assessment: Tracking Performance

*Learning objective: To demonstrate knowledge of athletic techniques, safety, and the physical benefits of track and field activities.*

Read each question carefully. Max the monkey is helping you calculate your scores today! Answer all questions in full sentences where requested.

Athletics is a diverse sport that tests human physical limits. Whether it is the explosive speed needed for a sprint, the rhythmic coordination required for a long jump, or the long-term stamina needed for distance running, every event requires specific preparation. Safety is the most important part of training; ensuring muscles are properly warmed up prevents injury and improves performance.

*Word bank: stamina · acceleration · coordination · warm-up · technique · recovery · velocity*

**1. Why is it important to complete a warm-up before participating in a sprint? (2 marks) (2 marks)**

---

**2. Name two different types of field events found in athletics. (2 marks) (2 marks)**

---

**3. Max the monkey is timing a relay race. If runner A finishes in 12.4 seconds and runner B finishes in 13.1 seconds, what is the difference in their times? Show your calculation. (3 marks) (3 marks)**

---

---

**4. Explain the difference between 'stamina' and 'acceleration'. (4 marks) (4 marks)**

---

---

---

**5. Describe the correct technique for a safe landing in a long jump event. (4 marks) (4 marks)**

---

---

---

---

6. Nova the owl is planning a sports day. She needs to buy 5 relay batons at £2.50 each. How much change would she get from a £20 note? (5 marks) (5 marks)

---

---

---

---

**Draw:** Draw a diagram of an athlete in the 'set' position for a sprint, clearly labelling where their centre of gravity is located.



*Extension challenge: Write a short paragraph explaining how regular athletics training can improve your personal health and wellbeing. Total: /25*