

Class 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