

## Max's Athletics Adventure: A Class 5 Quiz

*Learning objective: To recall and apply knowledge of athletic techniques, safety, and terminology in line with Class 5 PE standards.*

Help Max the monkey prepare for the school sports day! Read each question carefully and circle the best answer. Good luck!

Answer Key: 1.C, 2.True, 3.B, 4.False, 5.Baton, 6.False, 7.C, 8.True, 9.Acceleration, 10.A. Max reminds you: Always warm up your muscles to prevent injury!

*Word bank: sprint · stamina · technique · acceleration · relay · finish line · warm-up · coordination*

**1. Which of these is the most important reason to perform a warm-up before athletics? A) To look cool B) To win the race C) To prepare muscles and prevent injury\* D) To practise shouting (1 mark)**

**2. True or False: In a relay race, the object you pass to your teammate is called a baton. (1 mark)**

**3. Which running event requires the most stamina? A) 100m sprint B) 800m run\* C) 50m dash D) Long jump (1 mark)**

**4. True or False: When jumping for distance, you should land with your knees locked straight. (1 mark)**

**5. What is the name of the object passed between runners in a relay race? (1 mark)**

**6. True or False: You should always look behind you while running a sprint to see where the others are. (1 mark)**

**7. Which piece of equipment is used to measure height in a high jump? A) A stopwatch B) A tape measure C) A crossbar\* D) A scale (1 mark)**

**8. True or False: Coordination is the ability to use different parts of the body together smoothly and efficiently. (1 mark)**

**9. 9. What do we call the process of increasing your speed quickly at the start of a sprint?  
(One word) (1 mark)**

**10. 10. Which is the best way to improve your athletic performance? A) Regular practice and listening to feedback\* B) Buying expensive trainers C) Eating only sweets D) Sleeping through PE (1 mark)**

**Draw: Draw Max the monkey showing his best sprinting form, including his running kit and a track in the background.**



*Extension challenge: Max wants to organise a race! If a ticket to the school athletics event costs £2.50, how much money would be collected if 12 friends bought tickets?*