

Year 5 Athletics Assessment: Performance and Technique

Learning objective: To evaluate understanding of athletic disciplines, personal performance analysis, and the physiological principles of movement.

Read each question carefully. Use the word bank to support your answers where appropriate. Ensure your explanations are clear and use technical vocabulary.

Max the monkey is preparing for the school athletics tournament. He is practising his sprinting technique, focusing on his explosive start from the blocks. Meanwhile, Leo the lion is working on his long jump, ensuring his take-off foot is perfectly placed on the board to maximise his distance. Both athletes must understand how their bodies use energy and how physical mechanics influence their final results.

Word bank: Acceleration · Anaerobic · Technique · Stride length · Momentum · Follow-through · Core stability · Aerobic

1. Identify two key phases of a sprint race. Explain why the 'acceleration' phase is vital for a runner's overall time. (2 marks)

2. When performing a long jump, how does the 'follow-through' of the arms influence the jumper's landing? Justify your answer using the concept of momentum. (3 marks)

3. Compare and contrast a 100m sprint with a 1500m long-distance run. In your answer, refer to the energy systems used by the body. (4 marks)

4. Max is buying new running spikes for the tournament. They cost £45.50. If he pays with two £20 notes and one £10 note, calculate the change he receives. If he adds a £2.99 water bottle to his purchase, what is the new total cost? (3 marks)

5. Explain why 'core stability' is essential for maintaining proper form during both throwing events and track races. (3 marks)

6. What might happen to an athlete's performance if they do not warm up correctly before an event? Consider both physical health and muscle efficiency. (5 marks)

7. Design a training programme for a relay team. How would you ensure the baton change-over is efficient? Use the term 'stride length' in your explanation. (5 marks)

Draw: Sketch a labelled diagram of an athlete in mid-motion during a chosen field event (e.g., javelin throw or long jump). Clearly label the centre of gravity and the direction of force.



Extension challenge: Total: /25. Higher-Order Challenge: Research the 'Fosbury Flop' high jump technique. Write a paragraph explaining the physics behind why this technique allows for a higher centre of mass compared to traditional jumping methods.