

## Track and Field Challenge with Max the Monkey

*Learning objective: To recall and apply knowledge of athletic disciplines, techniques, and terminology according to the Year 5 PE curriculum.*

Max the Monkey is training for the Great Forest Games! Help him calculate his performance and recall the rules of athletics by answering these ten quick questions. Read each question carefully before selecting your answer.

Answer Key: 1. (C) 100m, 2. True, 3. False (it is a throwing event), 4. Baton, 5. (B) 800m, 6. False (you must stay in your lane), 7. (A) Velocity, 8. True, 9. (D) Triple Jump, 10. Long Jump. Marks: 1 mark per correct answer.

*Word bank: Sprint · Javelin · Stamina · Velocity · Technique · Relay · Triple Jump · Discus*

**1. Which of these is considered a short-distance sprint? A) 1500m B) 800m C) 100m\* D) 3000m (1 mark)**

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**2. True or False: In a relay race, the team members must pass the baton within a specific area called the changeover zone. (1 mark)**

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**3. True or False: The javelin is a jumping event. (1 mark)**

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**4. In a relay race, what object do the runners pass to their teammates? (1 mark)**

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**5. Which race requires more endurance and stamina? A) 50m B) 800m\* C) 100m D) 60m (1 mark)**

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**6. True or False: During a sprint race held on a track, you are allowed to change lanes whenever you like. (1 mark)**

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**7. When Max runs faster, he is increasing his: A) Velocity\* B) Height C) Weight D) Volume (1 mark)**

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**8. True or False: A 'foul' in jumping events often occurs if a competitor steps over the take-off line. (1 mark)**

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9. Which event consists of a hop, a step, and a jump? A) High Jump B) Discus C) Shot Put D) Triple Jump\* (1 mark)

10. What is the name of the event where an athlete runs along a runway and jumps into a sandpit? (1-word answer) (1 mark)

**Draw:** Draw a diagram showing the three phases of the Triple Jump: the hop, the step, and the jump, labelling each part clearly.



*Extension challenge: Greater Depth Challenges: 1. Explain why a warm-up is essential for preventing muscle injuries before a sprint. 2. Compare and contrast the physical requirements of a 100m sprint versus a 1500m run. 3. Justify why athletes focus so much on 'technique' rather than just raw speed. 4. What might happen if a relay team drops the baton during a race? 5. Design a new athletics event that combines two existing skills; explain the rules. 6. If a ticket to the school sports day costs £2.50, and 120 parents attend, how much money has been raised for new PE equipment? Show your calculation.*