Athletics in Action: The Sports Day Challenge

Learning objective: To understand the mechanics of athletic movements and identify key components of track and field events.

Follow the steps below to complete your athletics scene. Use your scientific knowledge of movement to show the athletes in action, then label the key parts of the track.

Draw: Create a detailed scene of a school athletics track. Include: 1) A sprinter in a 'set' position in the blocks. 2) A long sweater mid-flight showing a clear arc. 3) A field athlete preparing to throw a javelin. Use a clean, diagrammatic style with arrows showing the direction of movement. Ensure the perspective shows the straight line of the sprint track and the sand pit for the long jump.

Label words: Starting Blocks · Hurdle · Javelin · Finish Line · Acceleration · Trajectory · Sprint Track

Steps:

1. Step 1: Draw a sprinting athlete in the starting blocks. How does the athlete’s body position change to help them start the race quickly? Explain in one sentence.
2. Step 2: Draw a hurdle on the track. Why must the athlete adjust their jump height to clear the hurdle efficiently?
3. Step 3: Label your drawing using at least four words from the word bank.

4. Step 4: Max the monkey is measuring the distance of a javelin throw. If the javelin lands at 22.5 metres and the next one lands at 28.75 metres, what is the difference between the two throws?

5. Step 5: Look at your drawing. Which part of the human body provides the most power when pushing off the starting blocks?