

Max's Athletics Adventure: A Grade 4 Quiz

Learning objective: To recall and apply knowledge of athletic techniques, safety, and terminology in line with Grade 4 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 practice 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)

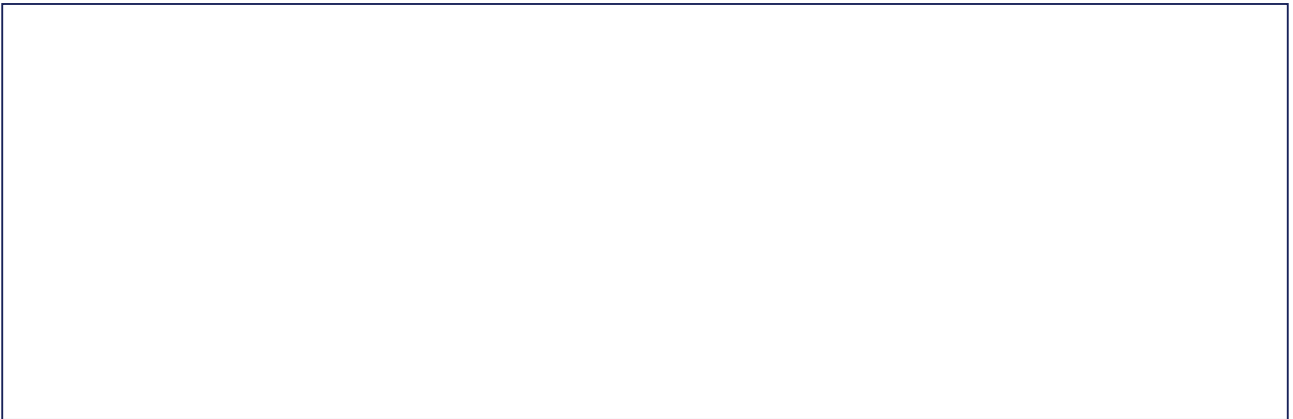
7. Which piece of equipment is used to measure height in a high jump? A) A stopwatch B) A tape measure C) A crossbar* D) A scale (1 mark)

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 organize a race! If a ticket to the school athletics event costs £2.50, how much money would be collected if 12 friends bought tickets?