



JB's Holiday Activities

KS 1 Athletics

Name

Class.....



How much can you remember about Athletics?

Q1) Can you name three athletics events?

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Q2) When sprinting which other body part should move as fast as your legs?

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Q3) What body part can you swing to help you jump further?

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Q4) What direction should you lean before throwing to help you throw further?

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Can you try the following?

- 1) Can you jump as far as you can from a standing start and measure in steps?
Distance.....
- 2) Can you run at the same speed without stopping for 1 minute?
- 3) Can you time how long it takes to run 15 metres? Time
- 4) Can you race against another person over 15 metres?
- 5) Can you throw a ball as far as you can and measure in steps? Distance.....

Can you list as many Olympic events as possible?

My helped me try these challenges in the holiday.

Adult Signature

