



# Sports Day Resource



**100m Sprint**



**Shot Putt**



**400m Sprint**



**High Jump**



**1500m Run**

**The events shown above are athletics events that are often included in school Sports Days.**

**Which of these events would you perform best in? Order the events 1-5. What is your evidence?**

**Choose one member of your class who you think will perform best in each of the events shown above. Give reasons for your answers.**

**Choose one event and create a 2 week training plan to show how you will improve in this discipline. Outline the training sessions that you could take part in each day. Consider the following:**

**Rest**

**Training Methods**

**Progression**

**Recovery Methods**

**Motivation**