

Think



- Where is this?
- What would it be used for?
- What distance does each track measure?
- What is making the shadow?



Respond



Write a fact file on a famous sprinter. When were they born? Where were they born? How did they become famous? What have they won for their sprinting?

Reimagine



Put the picture into the centre of a piece of paper and draw the 'missing' surrounding area.

Discuss



Sprinting strengthens bones, builds muscle, and can improve physical health but there are negative effects too. It is advised that if you do sprint, it is better to be cautious. Sprinting dramatically raises your heart rate and there can be serious side effects, particularly for people with heart conditions. What is the best way to exercise? What are the benefits and what can be the cons? How much is too much? How do you know when you have reached your limit?

Solve



On sports day, the red team won 12 medals for track events. A third of the medals were bronze, a sixth were silver and half of them were gold. How many did they win of each medal?

Discover



Fact: The men's 100m sprint world record of 9.58 seconds is currently held by Jamaica's Usain Bolt and has been since 2009. The women's world record of 10.49 seconds is held by America's Florence Griffith Joyner and has been since 1988.

Question: What can you find out about these record breakers? What were the timings of those who came close to breaking the world record? Who were they? Where did they come from? Present your findings of 'almost world record breaking' track athletes.

Track Answers

How many did they win of each medal?

$12 \div 3 = 4$ bronze medals

$12 \div 6 = 2$ silver medals

$12 \div 2 = 6$ gold medals