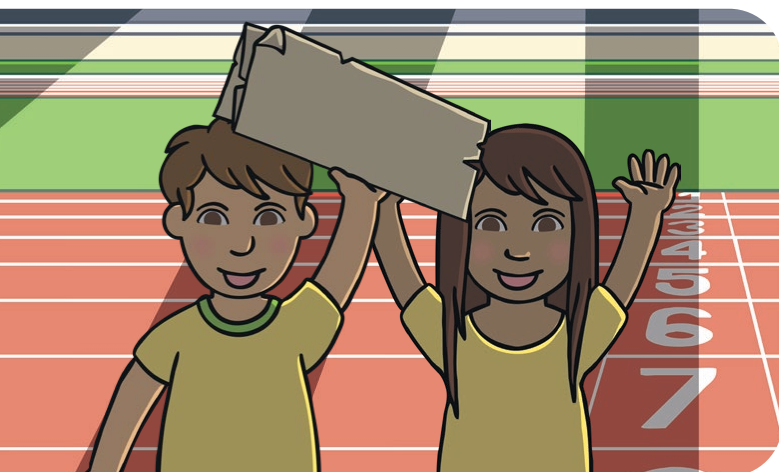




The Athletics Track



Read **The Athletics Track Reading Minibook** and use your knowledge to answer these questions about the story. Remember, you can check back through the text to help with your answers.

1. Where was the running track?

2. What is a coach? What is their job?

When Sam was Kit's coach what did she get him to do?

3. On page four, Kit and Sam were impressed with how fast the athletes could sprint. What do you think **sprint** means?

Can you think of different ways to say **sprint**?

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Can you explain your ideas to the person sitting next to you?



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Adult Guidance

Please find below the reading comprehension questions and some handy talking points for your class after the children have read the minibook. These are designed to be adult-led and encourage discussion either one-to-one, in a small group or with the whole class.

1. Where was the running track?

Answer: Sheffield

Follow-up questions:

- Have you ever been to a running track like the one in the story?
- Have you ever watched an event like the Olympics on TV where people race on a track like this one?
- Let's look at the picture on page four. Can you see the athletes on the track? Why do you think there are lines and numbers on the ground?

2. What is a coach? What is their job?

Answers might include: The coach told the athletes what to do. They help them with the exercises. A coach is the teacher. They are in charge.

When Sam was Kit's coach what did she get him to do?

Answer: She got him to stretch and work on his core.

Discussion points:

- What do you think your 'core' is? What kind of exercises would Sam have suggested to strengthen stomach muscles?
- Why do you think stretching is important?
- If you were going to be someone's coach to help them to run fast, what kind of training or exercises would you include?

3. On page four, Kit and Sam were impressed with how fast the athletes could sprint. What do you think 'sprint' means?

Answers might include: Running really fast. Being speedy. Running quickly. The fastest you can be.

Can you think of different ways to say 'sprint'?

Answers might include: Run, race, gallop, whoosh, zoom, speed.

Discussion points:

- There are so many different words to describe the way we move. Could you show me how to... (tiptoe, trot, skip, plod, stomp, etc.)