

MAJOR EVENT ACTIVITY BOOKLET

TEACHER RESOURCE





Believe

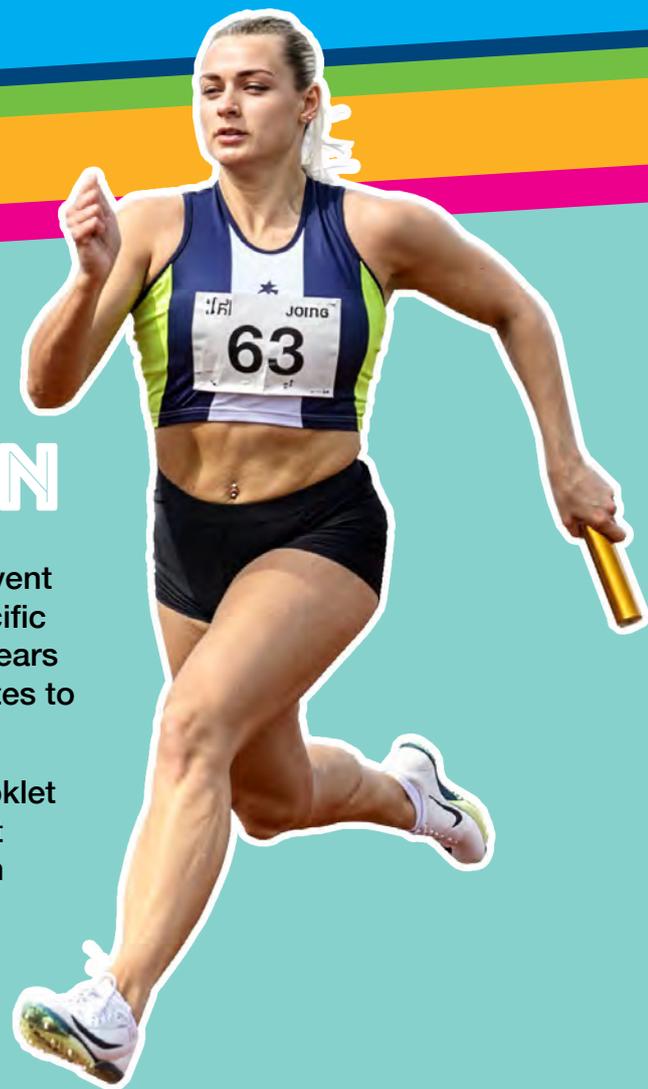
Belong

Achieve Together

INTRODUCTION

Whether it be a major international multi-sport event such as the Olympic Games, or an athletics specific event such as the World Championships, most years there is a major athletics championship for athletes to prepare for.

scottishathletics have developed a resource booklet for P4-P7 children to help them learn more about athletics and some of the countries taking part in these major events.



TASK 1

Identify The Competing Countries



Further opportunities for learning:

- i. Europe is one continent. Can they name the other six?
- ii. In a World Championship or Olympic Games what other countries not shown on the map would compete? Ask the pupils to list as many other countries as they can.
- iii. Using the list of countries they have compiled in (ii) can they identify which continent each of the countries belongs to?



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TASK 2

Country Profile



Further opportunities for learning:

- i. Working in pairs or groups ask the pupils to discuss the countries they have profiled and identify any differences between them e.g. how do their population sizes differ?
- ii. In order to host a major sporting event what infrastructure do the pupils think a city would need?
- iii. Using the useful links provided at the start of the booklet, ask the pupils to identify an athlete competing in a major athletics event (such as Glasgow 2026) and write a profile on them.

The following links are profiles on current athletes with aspirations of medaling in major athletics championships:

Laura Muir	https://worldathletics.org/athletes/great-britain-&-n.i./laura-muir-14422111
Josh Kerr	https://worldathletics.org/athletes/great-britain-&-n.i./josh-kerr-14533464
Eilish McColgan	https://worldathletics.org/athletes/great-britain-ni/eilish-mccolgan-14275729
Jake Wightman	https://worldathletics.org/athletes/great-britain-ni/jake-wightman-14522654
Samantha Kinghorn	https://paralympics.org.uk/athletes/sammi-kinghorn
Neil Gourley	https://worldathletics.org/athletes/great-britain-&-n.i./neil-gourley-14513077
Ben Sandilands	https://worldathletics.org/athletes/great-britain-ni/ben-sandilands-14932301
Melanie Woods	https://worldathletics.org/athletes/great-britain-ni/melanie-wood-14329798
Megan Keith	https://worldathletics.org/athletes/great-britain-ni/megan-keith-14918707
Jemma Reekie	https://worldathletics.org/athletes/great-britain-ni/jemma-reekie-14533469
Nicole Yeargin	https://worldathletics.org/athletes/great-britain-ni/nicole-yeargin-14745764
Nick Percy	https://worldathletics.org/athletes/great-britain-ni/nicholas-percy-14452345

TASK 3

Events and Equipment

Further opportunities for learning:

- i. The following links can be used to help the pupils identify the equipment that is used within each of the events listed:

100m sprint	www.youtube.com/watch?v=4gUW1JikaxQ
100m hurdles	www.youtube.com/watch?v=t6oE2wG_p0Y
800 metres	www.olympicchannel.com/en/video/detail/men-s-800m-final-rio-2016-replays/
Hammer	www.youtube.com/watch?v=X6X3-AiAN5k
Long Jump	www.youtube.com/watch?v=XTL3CexKyRo
Pole Vault	www.youtube.com/watch?v=iVVeH7QMIZQ
Relay	www.youtube.com/watch?v=B1sx0qTSRaI
Frame Running	www.youtube.com/watch?v=CjCZq3T9hVE
Club Throw	www.youtube.com/watch?v=1Dh7RSX8jG0

- ii. Ask the pupils to consider the role of officials. Why is it important to have officials? What equipment will they need to officiate at the above events?
- iii. Using the following links, research some of the events in major para athletics championships and explore some of the adaptations made to make the sport inclusive. For example, the use of guide runners for visually impaired athletes.



<https://www.paralympic.org/athletics>



<https://www.youtube.com/watch?v=LfpFDbg6Z7ch>



<https://www.youtube.com/watch?v=3RCirOXTJzA>



<https://www.youtube.com/watch?v=qynsSP-bXNg>



<https://www.youtube.com/watch?v=OU16VM92abg>

CHALLENGE 1

The events at a major athletics championship will change depending on whether the event is indoor or outdoor. Use the useful links provided at the start of the student workbook to identify the planned events for major upcoming championships (e.g. Glasgow 2026).



CHALLENGE 2

Pentathlon (indoor):

- 60m hurdles
- 800m
- High Jump
- Long Jump
- Shot Put

Heptathlon (outdoor):

- 100 metres hurdles
- High Jump
- Shot Put
- 200 metres
- Long Jump
- Javelin
- 800 metres



ANSWERS TO CHALLENGES

CHALLENGE 3

Heptathlon (indoor):

- 60m
- 60m hurdles
- 1000m
- High Jump
- Long Jump
- Pole Vault
- Shot Put

Decathlon (outdoor):

- Pole Vault
- High Jump
- Long Jump
- Javelin
- Shot Put
- Discus
- 110 metre hurdles
- 100 metres
- 400 metres
- 1500 metres



TASK 4

Major Athletics Championships

- Results

Further opportunities for learning:

- i. Encourage the pupils to look at the times recorded in the sprint finals (e.g. 100m or Frame Running) at any major athletics championships. Open up a discussion on how close together the competitors finished.

This might provide an opportunity to do some further decimal work. (Safeguarding Note: Ensure any video resources used are pre-screened and suitable for the age group, following Education Scotland guidance.)

- ii. In the some events, results can show athletes listed as DQ. Discuss with the children what they think this means. Once they've identified that it stands for 'disqualification' discuss with them why they think this might have happened. For example, false starting or stepping out of the circle before the discus lands.

- iii. In indoor athletics Championships the sprint straight

The pupils can then watch the race at this link:

<https://www.youtube.com/watch?v=OU16VM92abg>

In indoor athletics Championships the sprint straight is only 60 meters long due to the restriction in space. How do pupils think of the times in the 60m will compare to those times listed in their workbooks for the 100m?

The pupils can watch the 60m Men's final from the World Indoor Athletics Championships in 2024 at the following link:

<https://www.youtube.com/watch?v=d5MkPE-lawE>

Using an outdoor space ask the pupils to mark out 60m and give them an opportunity to run it whilst getting their time recorded.

- iv. Use an indoor or outdoor space to mark out the distances thrown in the women's hammer throw. Use a ball or other similar object to see what distance the children can throw in comparison.

The pupils can watch the video at the following link to see the technique used by the Gold medallist in the IAAF World Athletics Championship women's hammer throw:

https://www.youtube.com/watch?v=_Sdrnzxx634



TASK 5

Design a Kit

Further opportunities for learning:

Once the pupils have designed a kit in the workbook they could also draw and then design a tracksuit for their chosen country.

You can speak to the pupils about what types of materials might be used in the athlete's competition kit as shown in the picture and discuss how this might differ from the material used in their tracksuit.

The following websites may be useful for the pupils to view to help identify different materials and fits for competition kit and casual kit.

<https://www.adidas.co.uk/>

<https://www.newbalance.co.uk/>

https://www.nike.com/gb/en_gb/

<https://www.joma-sport.com/en>

TASK 6

Journalism

Further opportunities for learning:

After writing their article in the style of a website report discuss with the children different methods of reporting news or previewing events.

Using some of the research that they have been doing ask the pupils to write a poem about one of the countries competing in the next major athletics event, one of the athletes competing, or the event itself.

The pupils could create an events programme for the next major athletics event that will be sold to spectators attending. What information do they think would be useful to include? They could include information from other tasks in their resource booklet e.g. athlete profile.

Other suggested sections for the programme could be:

- Introduction to host city
- Places to visit in host city
- Background on the host stadium
- Schedule for the event
- Results from previous Championships
- Overview of each athletics event in the Championship



TASK 7

Visit a Competing Country

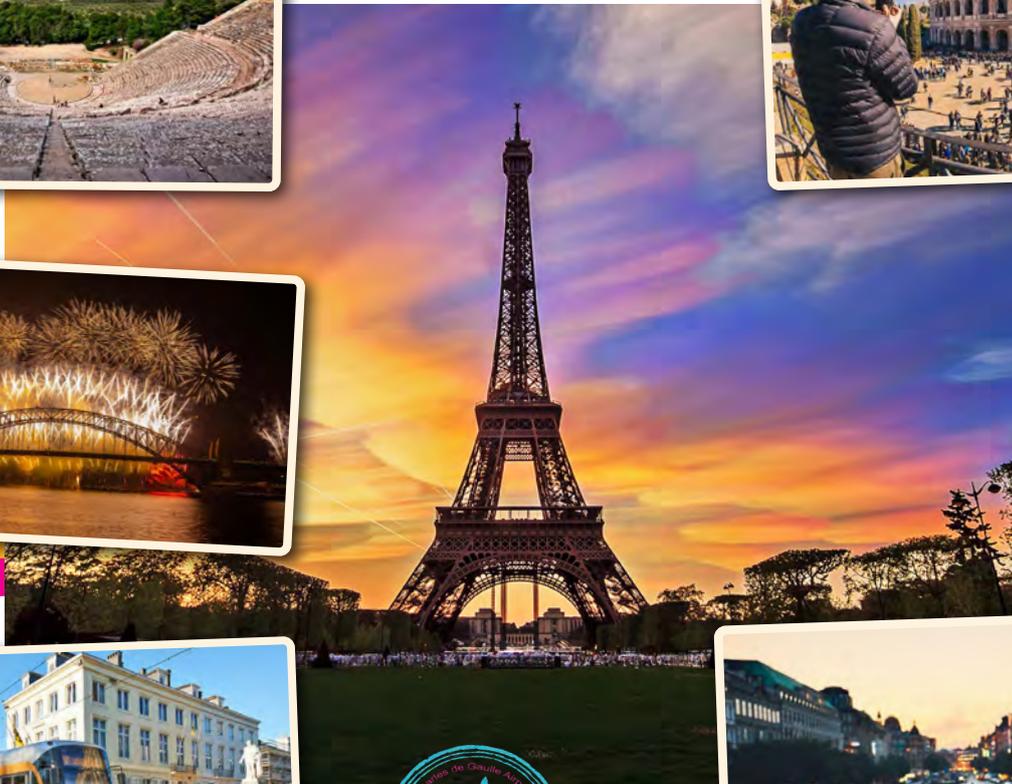


Further opportunities for learning:

Ask the pupils to use powerpoint as part of their presentation. They can explore the design of a presentation and start to discuss different styles of learning e.g. visual and reading.

In pairs or groups, the pupils can compare details of the countries they are visiting. They can discuss the time it takes to travel to the country they are visiting, the cost of visiting the country and why it might differ from others, and share some of the famous landmarks in the country they've chosen.

The pupils could repeat the same task for a country in a different continent exploring how costs, travel times etc may differ. If they have discussed continents as part of task 1, they can use this as a starting point for identifying countries outside Europe.



TASK 8

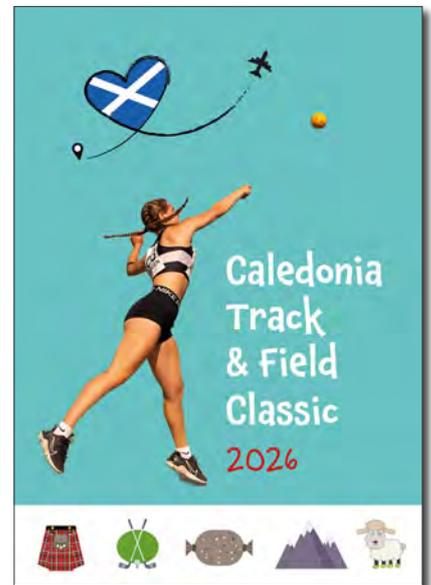
Design a Poster Competition

Further opportunities for learning:

Discuss with the pupils what they think makes a good poster/advert and when and why they think one might be used, focusing on media literacy and responsible social media use.

Although the task in the workbook is designed to be more visual the pupils could also design a promotional poster for the country they have chosen, advertising it to potential visitors. This poster may require more words than the initial task but can also incorporate some of their research and learning from other tasks.

To provide variety to this task the pupils could instead design a promotional poster for their school advertising it to potential new pupils.



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