

Activity sheet 1: Design a Medal

Design a Medal for Our Superheroes with KJT

Katarina Johnson Thompson (aka KJT) is a World and Commonwealth Games champion.

Over her career she has won many medals to recognise her success and hard work. Now KJT needs your help in designing a new 'Rainbow Medal' which recognises the amazing Superhero Key Workers that live amongst us and who keep us safe in these times.



2018 Commonwealth Games Gold Medal

Use the space below to design your medal. You can use any design you like. Please include the colours of the rainbow.

Once completed, ask your parents to take a picture of your medal and share with England Athletics on Facebook, Twitter, using the hashtag **#BetterTogether** or simply email us at **support@funetics.co.uk**

Please send in your medal design by **22nd May** and KJT will select her favourite medal. The winner will receive a **funetics goody bag**, full of exciting prizes. For more details visit: **www.funetics.co.uk**

Activity sheet 2: Colouring

Colour in the funetics Superstars below.
Create your own uniforms for your favourite character!



Activity sheet 3: Word Search

Find and circle the 21 words listed in the panel below hidden in the puzzle.

Words can be diagonal, vertical, back to front... so it isn't as easy as it first looks.

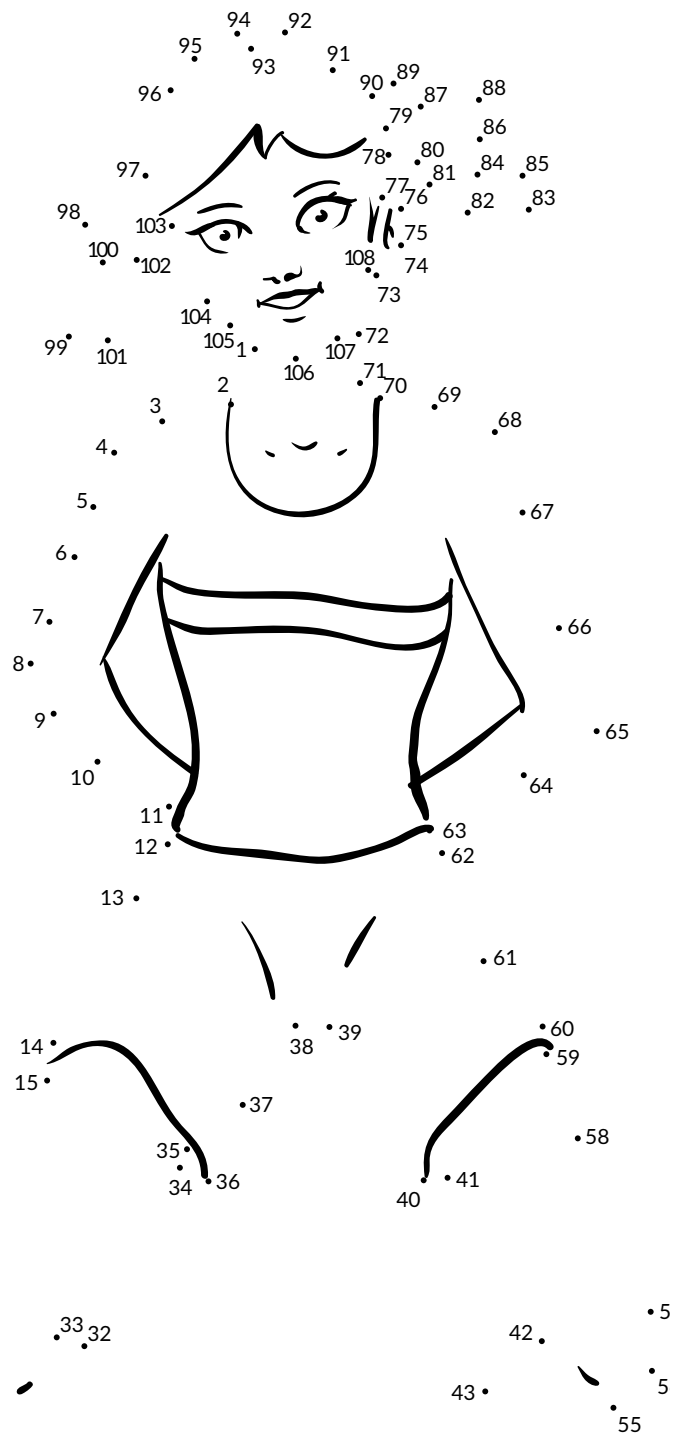
Abdul
Athletics
Balance
Bronze
Challenges
Competition
Elisabeth
Fit
Gold
Hurdling
Josh
Jumping
London
Olympics
Practice
Running
Shot
Silver
Suzi
Throwing
Training

D	J	A	A	N	S	G	T	D	G	S	I	L
L	P	R	O	U	J	I	N	O	C	T	M	O
O	S	D	Z	A	L	S	L	I	H	J	A	N
G	N	I	N	I	A	R	T	V	P	S	B	D
E	L	I	S	A	B	E	T	H	E	M	D	O
O	E	C	N	A	L	A	B	G	G	R	U	N
G	B	M	I	H	Z	A	N	A	L	C	L	J
N	O	I	T	I	T	E	P	M	O	C	H	E
I	L	A	O	O	L	Y	M	P	I	C	S	Z
N	G	N	I	L	D	R	U	H	O	N	O	N
N	P	R	A	C	T	I	C	E	D	O	J	O
U	T	H	R	O	W	I	N	G	O	C	G	R
R	C	P	B	B	R	S	F	B	N	O	S	B

Happy searching!

Activity sheet 4: Join the dots

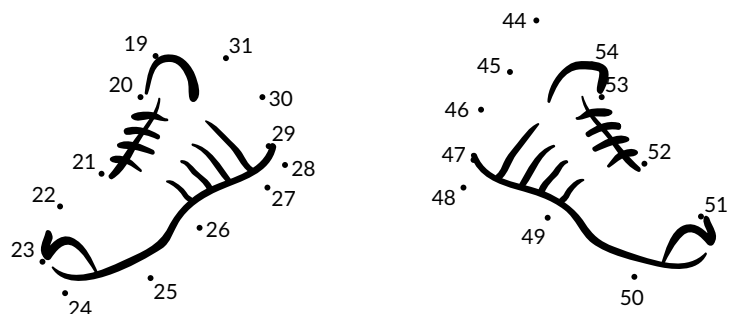
Join together the numbered dots to reveal a funetics Superstar!



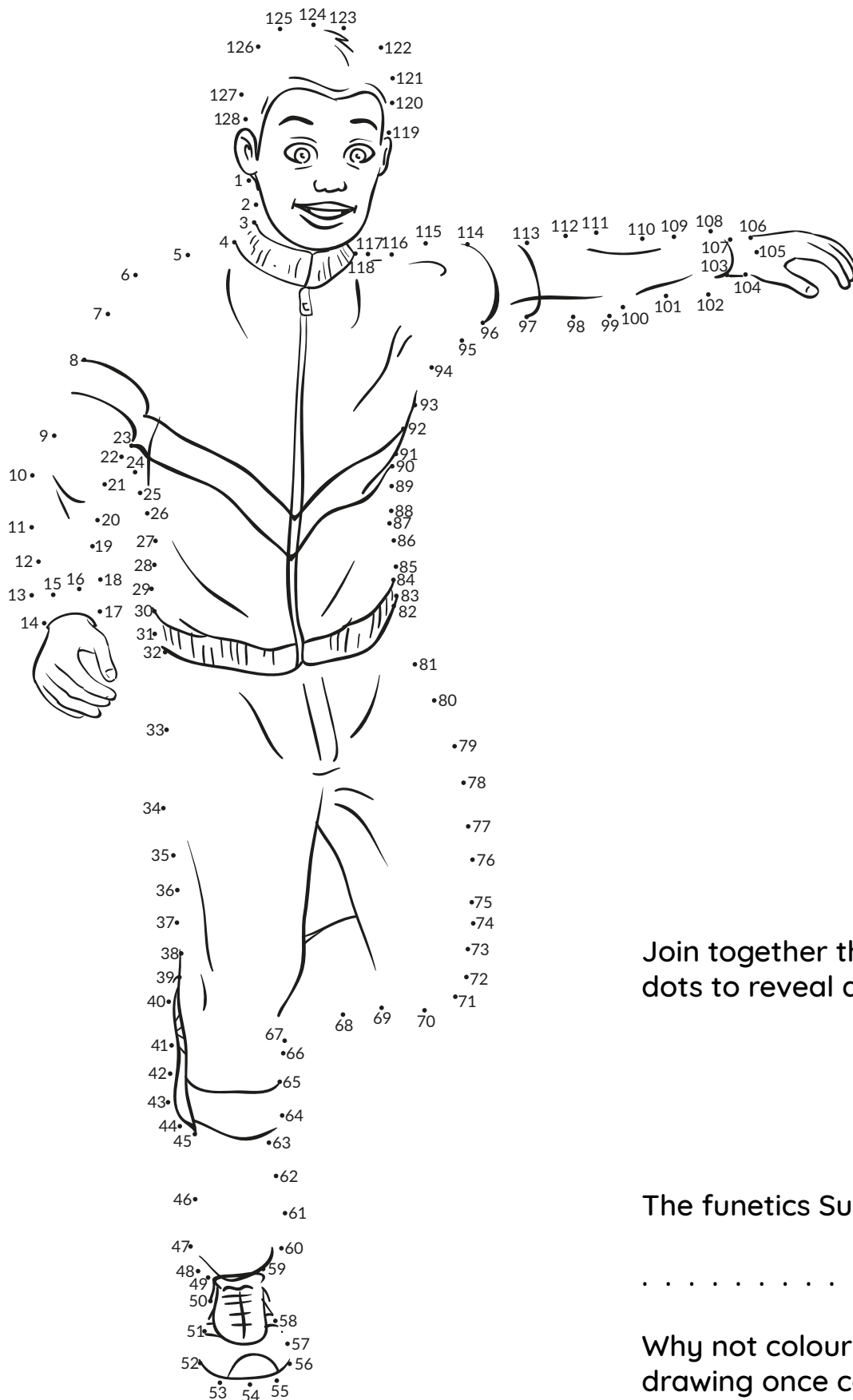
The funetics Superstar is

.....

Why not colour in your drawing once completed!



Activity sheet 5: Join the dots



Join together the numbered dots to reveal a funetics Superstar!

The funetics Superstar is

.....

Why not colour in your drawing once completed!

Activity sheet 6: Pop quiz!

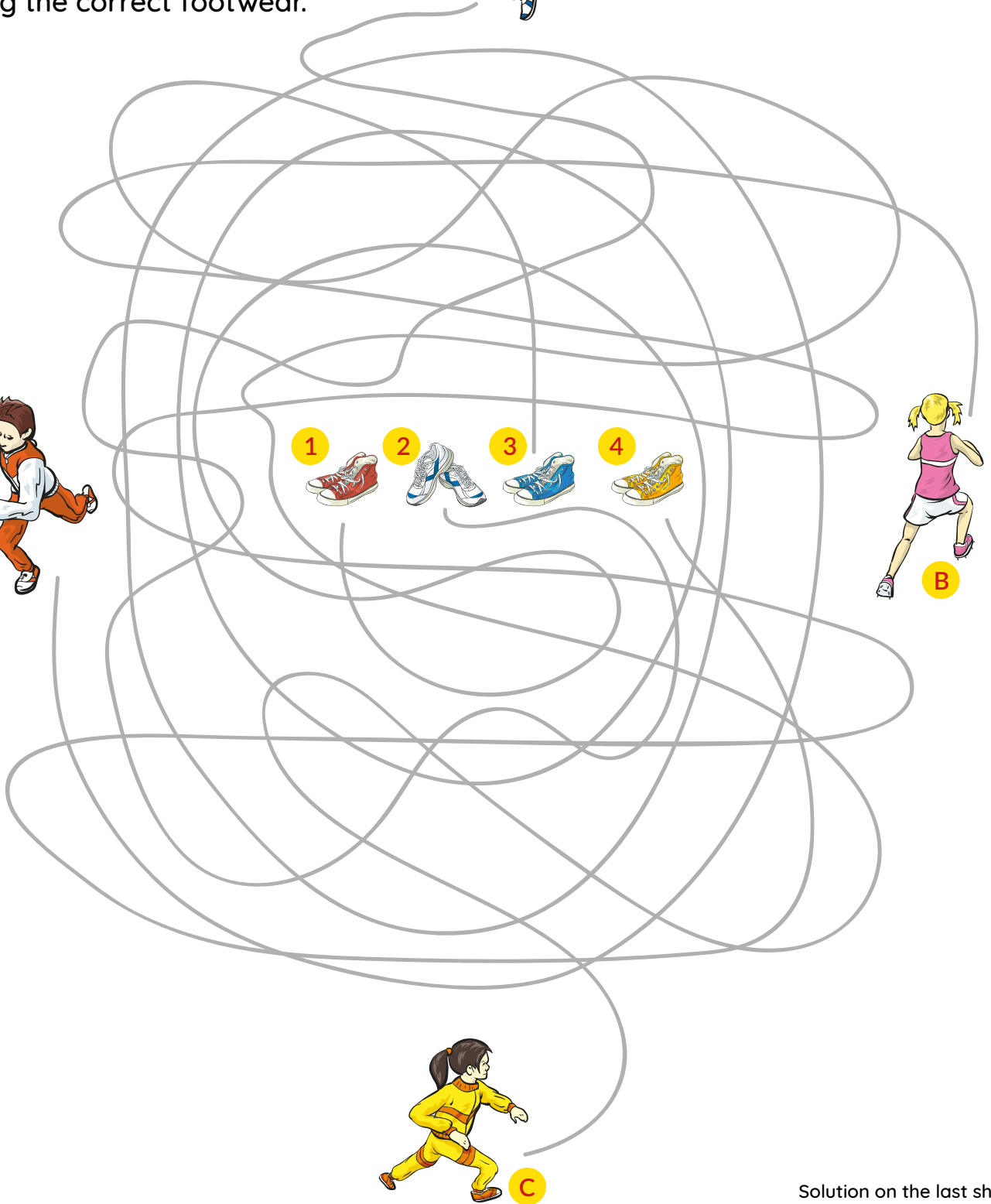
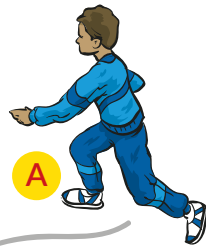
- Q1** Who has won the most Olympic gold medals in athletics?
Answer:
- Q2** Who was the first sub four-minutes miler and what was the time?
Answer:
- Q3** Which part of the body controls balance?
Answer:
- Q4** What are Paula Radcliffe's Marathon British records?
Mixed Race time: :..... Women Only race :.....
- Q5** Who was the first man to run the 100m in under 10 seconds and in what year?
Answer:
- Q6** What is the men's long jump World Record?
Answer:
- Q7** Who holds the women's 100m world record and what is the time?
Answer:
- Q8** What is the current unofficial world record for the backwards 100m?
Answer:
- Q9** What is the current Women's High Jump World record?
Answer:
- Q10** How far is Steve Backley's British Javelin Record, and when and where was it set?
Answer:
- Q11** A strong and stable core (mid body) can help aid in preventing injury, True or False?
Answer:
- Q12** Which city hosted the Olympics in 2012?
Answer:
- Q13** Which former sprinter was nicknamed the Bath Bullet?
Answer:
- Q14** Ukrainian legend Sergei Bubka was crowned world champion five times in what event?
Answer:
- Q15** What is legally required to be 106.7cm high (men) / 84cm high (women) in competition?
Answer:
- Q16** Which two English universities competed in the first college meeting?
Answer:
- Q17** Ed Moses achieved what between August 1977 and June 1987?
Answer:
- Q18** In May 1935 American running legend Jesse Owens did what in 70 minutes?
Answer:
- Q19** What are the seven heptathlon events?
1: 2: 3: 4:
5: 6: 7:

Answers on the last sheet

Activity sheet 7: Puzzle time

The correct shoes

Follow the jumbled lines to see which athlete will end up wearing the correct footwear.



Solution on the last sheet

Activity sheet 8: Spot the difference

The bottom drawing is identical to the top, apart from ten differences!
Study both drawings and circle the differences.

Good Luck!



Solution on the last sheet

Activity sheet 9: Multiple choice

Circle the correct answers

- Q1** What is the average speed that Usain Bolt, 100m World Record holder runs for the 100m?
A). 23.35 MPH
B). 15.65 MPH
C). 33.35 MPH
- Q2** Which race normally run at 3,000 metres see the runners jump water and negotiate barriers?
A). Steeplechase
B). ½ Marathon
C). Race Walking
D). Hurdles Races
- Q3** Which of these events is NOT a throwing event?
A). Shot Put
B). Discus
C). Pole Vault
D). Hammer
- Q4** The Marathon is run over 42.195 Km, but how many miles is this?
A). 26.2 miles
B). 36.2 miles
C). 46.2 miles
D). 16.2 miles
- Q5** The Marathon is best described as?
A). Middle Distance
B). A Sprint
C). Long Distance
D). A Relay
- Q6** Which of these events is run in competition at distances of 10, 20 & 50 kilometres?
A). Sprint
B). Relay
C). Race Walking
D). Marathon
- Q7** The 5000 metres and 10,000 metres events are classified as?
A). Middle Distance
B). Road Running
C). Long Distance
D). Relay

Answers on the last sheet

Activity sheet 10: More puzzles

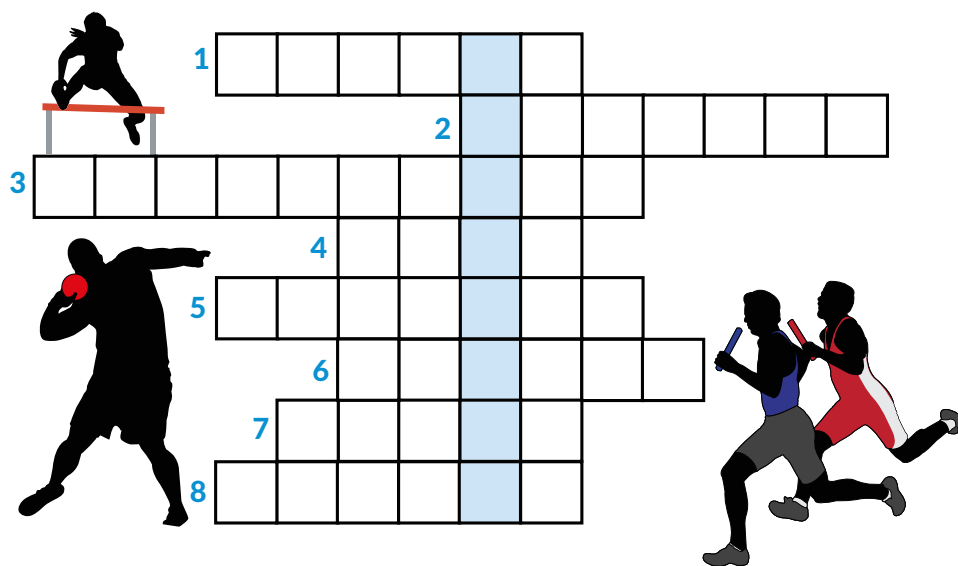
Who Finished First?

These athletes are in a race to the finish. Can you figure out which sprinter makes it to the trophy first to win the race?



Catch me if you can

Fill in the answers to the clues. The shaded squares will spell out what a winner is.



Clues

1. The country where the Olympics started (6)
2. Obstacles you take to the air to clear (7)
3. Starting a race too early (5,5)
4. High ____ (4)
5. A heavy metal ball used in athletics (4, 3)
6. Sprinters' shoes are called? (6)
7. Passed between team-mates during a relay (5)
8. A very fast run (5)

Solutions on the last sheet

Activity sheets: Answers

Sheet 6: Pop Quiz

- 1: Paavo Nurmi (Finland 1920 – 1928) or Carl Lewis (USA 1984 –1996 - 9 Golds each!
- 2: Sir Roger Bannister. 3:59.4
- 3: The ear
- 4: Mixed race 2:15.25 Women only race 2:17.42
- 5: Jim Hines 1968 9.95s
- 6: 8.95m held by Mike Powell 1991
- 7: Flo Jo - 1988 - 10.49
- 8: 13.6 held by a German Roland Wegner and a Ghanaian Ferdie Ato Adoboe
- 9: 2.09m held by Stefka Kostadinova (Bulgaria) 1987
- 10: 91.46m set in New Zealand in 1992
- 11: True
- 12: London
- 13: Jason Gardener
- 14: Pole Vault
- 15: The height of the hurdles in the sprint hurdles
- 16: Cambridge and Oxford
- 17: He won 122 consecutive track races
- 18: He broke three world records and tied a fourth
- 19: 200m, 800m, 100m hurdles, Long Jump, High Jump, Shot Put and Javelin.

Sheet 9: Multiple Choice

- 1: a) 23.35mp
- 2: a) Steeplechase
- 3: c) Pole vault
- 4: a) 26.2 miles
- 5: c) Long distance
- 6: c) Race walking
- 7: Both b) Road Running and c) Long Distance are correct.

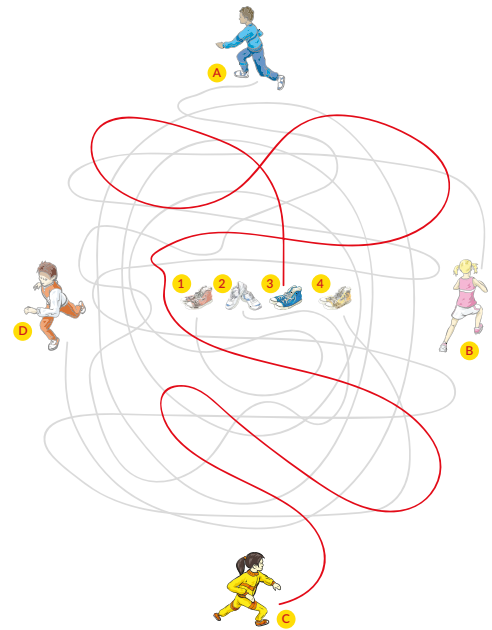
Sheet 10: Who Finished First

Runner C finished first

Sheet 10: Catch me if you can

- 1: Greece 2: Hurdles 3: False start 4: Jump 5: Shot put 6: Spikes
- 7: Baton 8: Sprint. The shaded squares spell out 'champion'!

Sheet 7: The correct shoes



Sheet 8: Spot the Difference

