

Main subject: PE

Linked subjects:

1. Physics

2. Textiles

Year
8/9

Title

The aim of this extension task is to:

Develop your understanding of the forces involved in running.

Why Not?
It's just for fun!

Context of task:

Sports clothing and equipment are big business in today's world. This task will enable you to examine the ideal material that sprinters would use and why.

There are a number of forces acting on a sprinter's body. Try to examine these and answer the three questions below...

Also **You will run at some point!**

Questions / Issues to address:

1. Why do sprinters wear skin tight clothing as opposed to looser/cooler clothing?
2. Why is it better to run with bent arms?
3. Would an athlete prefer to run the 200m in lane 1 or lane 8?

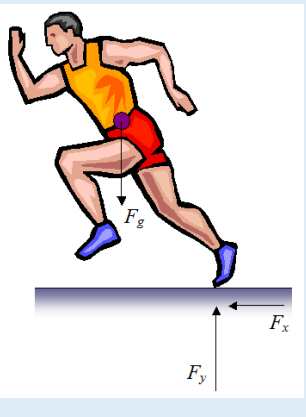
Good luck and put your best foot forward.

Expectation

Produce a video explaining your answers to the above questions.

This can be an i-movie or a simple recording on your phone/ipad.

Deadline: End of half term



Note to students:

It is not essential, but you are encouraged to extend this task into an area of your own particular interest. If you would like to do so, please discuss your ideas with your teacher.