## Question 1

## Order the following times for 100 m sprints

## Core

$10 s, 9 s, 12 s, 13 s, 11 s, 12 s, 14 s, 10 s$

## Challenge

$10.5 s, 9.7 s, 10.3 s, 9.8 s, 11.1 s, 10.6 s, 10.8 s, 10.1 s$

## Super Challenge

$10.51 \mathrm{~s}, 9.86 \mathrm{~s}, 10.05 \mathrm{~s}, 11.55 \mathrm{~s}, 11.1 \mathrm{~s}, 10.65 \mathrm{~s}, 10.15 \mathrm{~s}, 10.56 \mathrm{~s}$

## s means seconds

## Question 2

Order the follow distances from the shot put

## Core


$16 \mathrm{~m}, 15 \mathrm{~m}, 21 \mathrm{~m}, 18 \mathrm{~m}, 20 \mathrm{~m}, 23 \mathrm{~m}, 17 \mathrm{~m}, 18 \mathrm{~m}, 19 \mathrm{~m}, 18 \mathrm{~m}$

## Challenge

$16.5 \mathrm{~m}, 15.6 \mathrm{~m}, 17.8 \mathrm{~m}, 16.6 \mathrm{~m}, 17.2 \mathrm{~m}, 18.6 \mathrm{~m}, 18.2 \mathrm{~m}, 18 \mathrm{~m}, 17.8 \mathrm{~m}$

## Super Challenge

$15.65 \mathrm{~m}, 16.56 \mathrm{~m}, 17.55 \mathrm{~m}, 16.25 \mathrm{~m}, 16.5 \mathrm{~m}, 15.62 \mathrm{~m}, 16.86 \mathrm{~m}, 18.66 \mathrm{~m}, 17.68 \mathrm{~m}$

## Question 3

Scoring for sports day is as follows:
$1^{\text {th }}=8$ points, $2^{\text {nd }}=7$ points, $3^{\text {rd }}=6$ points,..., $8^{\text {th }}=1$ point
Calculate the total points score for the below.

## Core

| Position | $1^{\text {th }}$ | $2^{\text {nd }}$ | $3^{\text {td }}$ | $4^{\text {th }}$ | $5^{\text {th }}$ | $6^{\text {th }}$ | $7^{\text {th }}$ | $8^{\text {th }}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Frequency | 2 | 3 | 1 | 2 | 3 | 4 | 2 | 5 |


| Position | $1^{\text {st }}$ | $2^{\text {nd }}$ | $3^{\text {rd }}$ | $4^{\text {th }}$ | $5^{\text {th }}$ | $6^{\text {th }}$ | $7^{\text {th }}$ | $8^{\text {th }}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Frequency | 12 | 24 | 26 | 14 | 15 | 9 | 14 | 29 |

## Super Challenge

| Position | $1^{\text {st }}$ | $2^{\text {nd }}$ | $3^{\text {rd }}$ | $4^{\text {th }}$ | $5^{\text {th }}$ | $6^{\text {th }}$ | $7^{\text {th }}$ | $8^{\text {th }}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Frequency | 102 | 67 | 98 | 47 | 55 | 38 | 71 | 60 |

## Question 4

The Olympic Track is 400 m in length.
How many laps will it take to run:

## Core

## 800 metres and the 400 metres

## Challenge

1500 metres, 800 metres, 200 metres and 100 metres

## Super Challenge

4000 metres, 1500 metres, $2 \times 800$ metres and the 200 metres

## Question 5

Speed is measured as a distance divided by time.
Work out the following speeds in metres per second.

Core Running 200 m in 20 seconds

## Challenge

Running 100 metres in 9.58 seconds (Usain Bolt's World Record)

## Super Challenge

Running 5000 metres in 12 minutes 53 seconds (Mo Farah's fastest time)

## Question 6

## Work out:

## Core

The difference between your height and how high you can jump
(Sergeant/Vertical Jump World Record is 117 cm )


The average Jump height of your team

## Super Challenge

Is there a connection between the group's height and how high they can jump.

## Question 7

Using the following 200 metre times:

| $23 s$ | $24 s$ | $31 s$ | $26 s$ | $24 s$ | $23 s$ | $22 s$ | $21 s$ |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| $35 s$ | $23 s$ | $27 s$ | $22 s$ | $25 s$ | $26 s$ | $21 s$ | $20 s$ |

## Core

Calculate the mode and range

## Challenge

Calculate the median

## Super Challenge

Calculate the mean

## Question 8

Calculate how long it would take someone to:

## Core

Run 100 metres at 10 metres per second

## Challenge

Run the 400 metres at 12.5 metres per second

## Super Challenge

Run the 1500 metres at 8 metres per second

## Question 9



Core
How many people came first from Concorde? How many people came first from Britannia?

Super Challenge

## Question 10

9 metres
This is the size of a long jump pit.

3 metres

## Core

Calculate the area of the long jump sand pit

## Challenge

The depth of the pit is 50 cm . Calculate the volume of sand in the pit.

## Super Challenge

The school need to purchase sand for the pit. If sand costs $£ 81.95$ per cubic metre calculate the cost of the sand to the nearest pound.

