



FAMILY MILE CHALLENGE ACTIVITY PACK



**WE HOPE YOU ENJOY YOUR
FAMILY MILE CHALLENGE AND HAVE AS MUCH
FUN AS POSSIBLE TOGETHER**

This activity pack has lots of things to keep the kids entertained.

Plus there's a certificate that you can download
once you've all completed your mile.



Enjoy!

#FamilyMileChallenge

ILA 16285 (NPI 03-21)



**Irish Life
health**

FAMILY MILE CHALLENGE

WORD SEARCH



10 ATHLETICS WORDS

Can you find them all?

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



WORD SEARCH TIPS:

Hurdle
Barr
Ireland

Lee
Medal
Mile

Olympics
Run
Irish



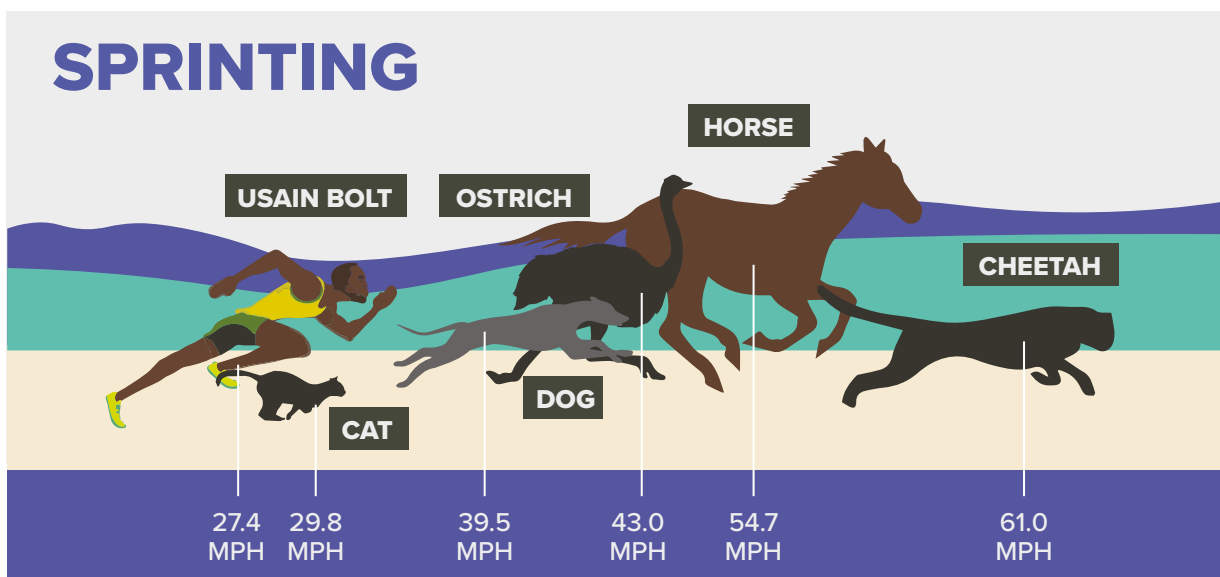


FAMILY MILE CHALLENGE FUN FACTS ABOUT ATHLETICS:



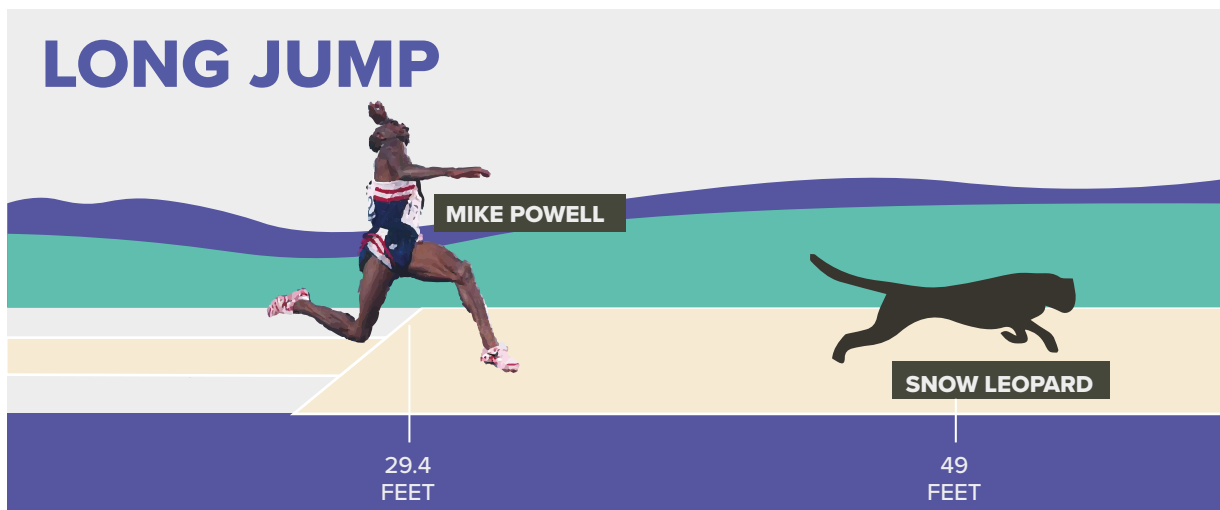
DID YOU KNOW:

- Usain Bolt set the current 100m world record at the 2009 IAAF World Championships, clocking an astonishing 9.58 seconds for the feat.
- At the record-winning event, Usain Bolt's average ground speed was 37.58km/h, making him the fastest human on the planet over 100 meters.
- The fastest women in history Florence Grith-Joyner (USA) who covered the 100m distance in just 10.49 seconds!



DID YOU KNOW:

- On 30 August 1991, Mike Powell of the United States set the current men's world record at the World Championships in Tokyo. Powell's record 8.95 m (29 ft 4+1/4 in) has now stood for over 30 years.





FAMILY MILE CHALLENGE FUN FACTS ABOUT ATHLETICS:



DID YOU KNOW:

- French pole vaulter Renaud Lavillenie won the World Indoor Championships in 2019 with a 5.90 vault which was the equivalent of vaulting as high as the worlds tallest girae. And even more amazingly, another athlete named Armand Duplantis vaulted even higher in 2020, clearing a dizzying 6.18 meters.
- Yelena Isinbayeva holds the current women's world record of 5.06 m outdoors, set in Zurich in August 2009.

RENAUD LAVULLENIE'S
WINNING VAULT OF

**5.90
METRES**

WAS 2CM HIGHER THAN THE
TALLEST EVER GIRAFFE





FAMILY MILE CHALLENGE ACTIVITY



MATCH THE WORD TO THE EVENT

RUNNING



HURDLE



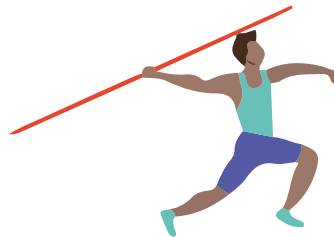
JAVELIN



HIGH JUMP



DISCUS



LONG JUMP



POLE VAULT



FAMILY MILE CHALLENGE ATHLETE COLOURING SHEETS



**COLOUR YOUR CHOSEN
FAMILY MILE AMBASSADOR**
and tag [@athleticsireland](#)
on social media for a shout out.

THOMAS BARR
400m Hurdle Champion from
Ferrybank AC in Waterford





FAMILY MILE CHALLENGE ATHLETE COLOURING SHEETS



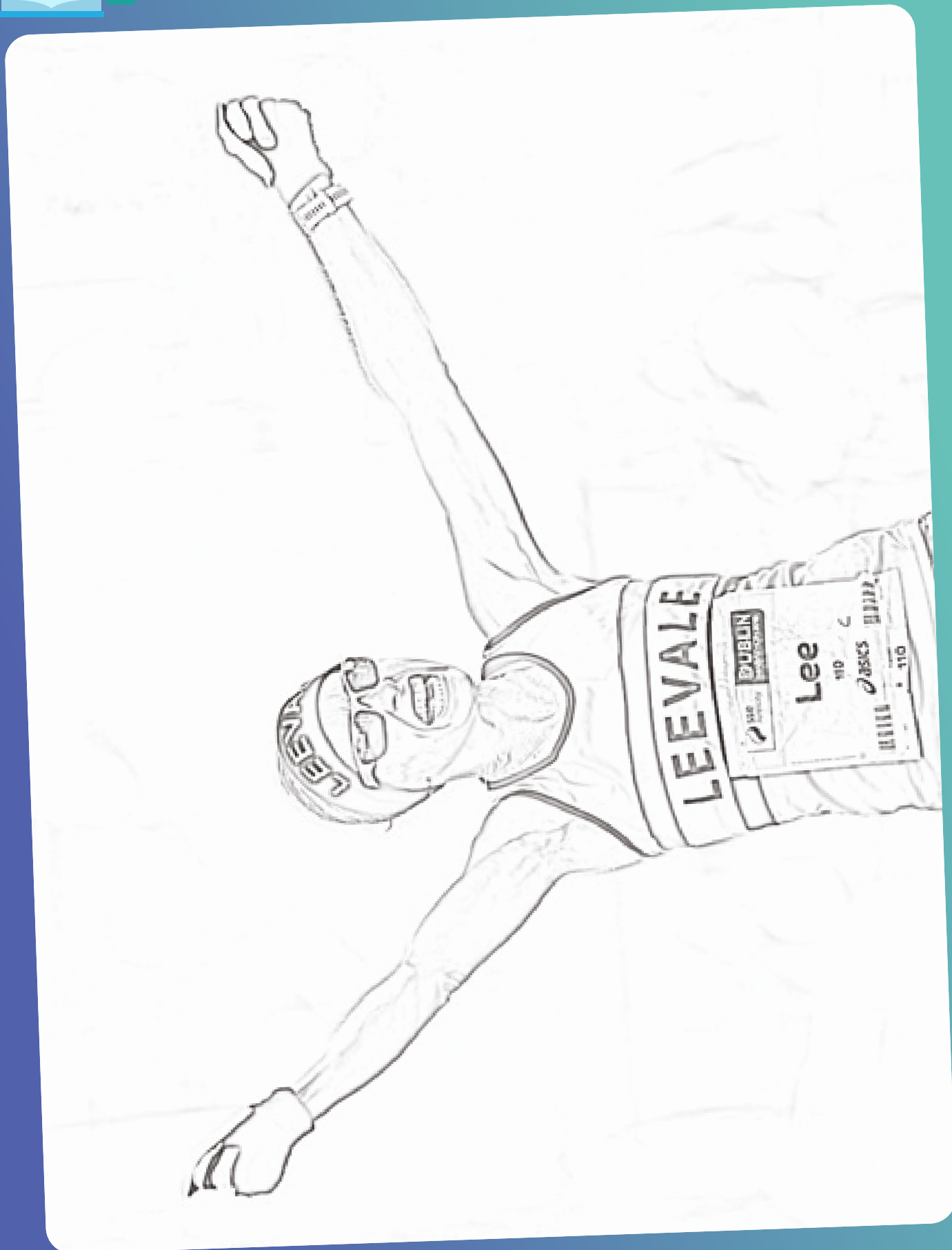
FAMILY MILE CHALLENGE ATHLETE COLOURING SHEETS



LIZZIE LEE
Marathon Champion from
Leevale AC in Cork



FAMILY MILE CHALLENGE ATHLETE COLOURING SHEETS





Irish Life
health



CERTIFICATE OF PARTICIPATION

This is presented to

for their participation & excellent
performance in the Irish Life Health Virtual
FAMILY MILE CHALLENGE 2021

ATHLETICS IRELAND

Event Organizer

