



Name: _____

Class: _____ Date: _____

Breaking Records

An activity of "Sabastian Sawe's feat sets a new standard for marathons"

It was long thought to be physically impossible. Then, the marathon's two-hour barrier was broken in 2026 by Sabastian Sawe. He ran it in 1 hour, 59 minutes, and 30 seconds! Let his record inspire you as you work in twos or threes to take a closer look at sports records.

- A. Read "Sabastian Sawe's feat sets a new standard for marathons" (page 27, *What's Up* September 2026). List, in point form, what helps marathon runners smash records.

Factors that help runners break marathon records
<i>Training Methods:</i>
<i>Sports equipment:</i>
<i>Runner's energy:</i>
<i>Runner's mindset:</i>

- B. Pick a favourite sport. Find out about its records and fill in the information here ↓.

Sport: _____		
Type of world record	Year of record	The athlete(s) who set this record

- C. Be creative! Think of other ways to help athletes of (B) achieve greater success.

Other ways to help athletes of _____ (<i>Sport B</i>) smash records	
Training Methods	
Equipment	

- D. Present your ideas to the class.