

Mallios Motorsports Youth Workbook

Interactive 12-Week Student Workbook (Ages 5–10)

Week 1 – Introduction & Mission

Lesson Summary (For Students):

This week you learned about Introduction & Mission.
Remember: Racing requires thinking, teamwork, and responsibility.

Draw or Write:

- Draw a picture that shows this lesson in action.
- Write one safety rule related to this topic.
- Write one way this helps you go faster safely.

Skill Check:

- I can explain this lesson.
- I can show this lesson.
- I understand why it matters.

Reflection:

What was hard this week?

What was fun?

What do you want to improve next race?

Week 2 – Safety & Flags

Lesson Summary (For Students):

This week you learned about Safety & Flags.
Remember: Racing requires thinking, teamwork, and responsibility.

Draw or Write:

- Draw a picture that shows this lesson in action.
- Write one safety rule related to this topic.
- Write one way this helps you go faster safely.

Skill Check:

- I can explain this lesson.
- I can show this lesson.
- I understand why it matters.

Reflection:

What was hard this week?

What was fun?

What do you want to improve next race?

Week 3 – How a Kart Works

Lesson Summary (For Students):

This week you learned about How a Kart Works.
Remember: Racing requires thinking, teamwork, and responsibility.

Draw or Write:

- Draw a picture that shows this lesson in action.
- Write one safety rule related to this topic.
- Write one way this helps you go faster safely.

Skill Check:

- I can explain this lesson.
- I can show this lesson.
- I understand why it matters.

Reflection:

What was hard this week?

What was fun?

What do you want to improve next race?

Week 4 – Tires & Grip

Lesson Summary (For Students):

This week you learned about Tires & Grip.

Remember: Racing requires thinking, teamwork, and responsibility.

Draw or Write:

- Draw a picture that shows this lesson in action.
- Write one safety rule related to this topic.
- Write one way this helps you go faster safely.

Skill Check:

- I can explain this lesson.
- I can show this lesson.
- I understand why it matters.

Reflection:

What was hard this week?

What was fun?

What do you want to improve next race?

Week 5 – Racing Lines

Lesson Summary (For Students):

This week you learned about Racing Lines.
Remember: Racing requires thinking, teamwork, and responsibility.

Draw or Write:

- Draw a picture that shows this lesson in action.
- Write one safety rule related to this topic.
- Write one way this helps you go faster safely.

Skill Check:

- I can explain this lesson.
- I can show this lesson.
- I understand why it matters.

Reflection:

What was hard this week?

What was fun?

What do you want to improve next race?

Week 6 – Weather & Adaptation

Lesson Summary (For Students):

This week you learned about Weather & Adaptation.
Remember: Racing requires thinking, teamwork, and responsibility.

Draw or Write:

- Draw a picture that shows this lesson in action.
- Write one safety rule related to this topic.
- Write one way this helps you go faster safely.

Skill Check:

- I can explain this lesson.
- I can show this lesson.
- I understand why it matters.

Reflection:

What was hard this week?

What was fun?

What do you want to improve next race?

Week 7 – Sportsmanship

Lesson Summary (For Students):

This week you learned about Sportsmanship.
Remember: Racing requires thinking, teamwork, and responsibility.

Draw or Write:

- Draw a picture that shows this lesson in action.
- Write one safety rule related to this topic.
- Write one way this helps you go faster safely.

Skill Check:

- I can explain this lesson.
- I can show this lesson.
- I understand why it matters.

Reflection:

What was hard this week?

What was fun?

What do you want to improve next race?

Week 8 – Math in Racing

Lesson Summary (For Students):

This week you learned about Math in Racing.
Remember: Racing requires thinking, teamwork, and responsibility.

Draw or Write:

- Draw a picture that shows this lesson in action.
- Write one safety rule related to this topic.
- Write one way this helps you go faster safely.

Skill Check:

- I can explain this lesson.
- I can show this lesson.
- I understand why it matters.

Reflection:

What was hard this week?

What was fun?

What do you want to improve next race?

Week 9 – Setup & Adjustments

Lesson Summary (For Students):

This week you learned about Setup & Adjustments.
Remember: Racing requires thinking, teamwork, and responsibility.

Draw or Write:

- Draw a picture that shows this lesson in action.
- Write one safety rule related to this topic.
- Write one way this helps you go faster safely.

Skill Check:

- I can explain this lesson.
- I can show this lesson.
- I understand why it matters.

Reflection:

What was hard this week?

What was fun?

What do you want to improve next race?

Week 10 – Team Roles

Lesson Summary (For Students):

This week you learned about Team Roles.

Remember: Racing requires thinking, teamwork, and responsibility.

Draw or Write:

- Draw a picture that shows this lesson in action.
- Write one safety rule related to this topic.
- Write one way this helps you go faster safely.

Skill Check:

- I can explain this lesson.
- I can show this lesson.
- I understand why it matters.

Reflection:

What was hard this week?

What was fun?

What do you want to improve next race?

Week 11 – Strategy & Racecraft

Lesson Summary (For Students):

This week you learned about Strategy & Racecraft.
Remember: Racing requires thinking, teamwork, and responsibility.

Draw or Write:

- Draw a picture that shows this lesson in action.
- Write one safety rule related to this topic.
- Write one way this helps you go faster safely.

Skill Check:

- I can explain this lesson.
- I can show this lesson.
- I understand why it matters.

Reflection:

What was hard this week?

What was fun?

What do you want to improve next race?

Week 12 – Review & Graduation

Lesson Summary (For Students):

This week you learned about Review & Graduation.
Remember: Racing requires thinking, teamwork, and responsibility.

Draw or Write:

- Draw a picture that shows this lesson in action.
- Write one safety rule related to this topic.
- Write one way this helps you go faster safely.

Skill Check:

- I can explain this lesson.
- I can show this lesson.
- I understand why it matters.

Reflection:

What was hard this week?

What was fun?

What do you want to improve next race?