Mile Record Broken (August 20, 2026)

TEACHING GUIDE

ℹ️ **What?** A runner has broken the world record for the mile, covering the distance (approximately 1,609 meters) in 3 minutes and 42.66 seconds. ⏱️

👤 **Who?** It's Josh Kerr, a 28-year-old British athlete from Scotland.

🌍 **Where?** The race was held at the Olympic Stadium in London, England, during a Diamond League meet.

🕰️ **When?** Josh Kerr achieved this feat on Saturday, July 18, 2026.

❓ **Why is it important?** This time erases the previous record held by Moroccan Hicham El Guerrouj since 1999, 27 years earlier.

🎯 **For this activity, your goal will be to learn more about Josh Kerr and the mile.** 🏃

OBJECTIVES

- Discover Josh Kerr's achievement as the new world record holder for the mile
- Understand the four-minute barrier, broken by Roger Bannister in 1954
- Compare the mile and the kilometer and determine which is longer
- Convert miles to kilometers (and vice versa) using sporting events
- Read a graph of the mile record's progression since 1945
- Calculate time differences between several records

SUBJECTS

- **English**
  - Reading Comprehension
  - Listening and Understanding a Video
  - Writing (Short Answers)
- **Mathematics**
  - Unit Conversion (Miles and Kilometers)
  - Reading and Interpreting a Graph
  - Calculations with Decimal Numbers
- **Social Studies/Culture**
  - Measurement Systems (Metric and Imperial)
  - Countries and Cities of the World
  - Major International Sporting Events

COMPETENCIES

- Search for and interpret information
- Read and understand an informational text
- Read and interpret a graph
- Perform simple calculations (multiplication, division, subtraction)
- Produce a structured response

DURATION

- Approximately 60 minutes

GETTING STARTED

- Ask the students if they have ever heard of a "mile" and if they know what distance it represents.
- Ask them if they know of any countries that do not measure distances in kilometers.
- Gather their hypotheses: Can a world record be broken indefinitely, or is there a limit?

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QUESTIONS AND ANSWERS

STEP 1 — A Limit Constantly Pushed. Watching of Josh Kerr's winning finish, then read a short text on the history of the mile, followed by four comprehension questions.

Q1 — Approximately 1,609 meters.
Q2 — Roger Bannister.
Q3 — Morocco.
Q4 — London, England (United Kingdom).

STEP 2 — A Mile, a Kilometer... Reading of a conversion guide, then answers to four conversion problems based on real sporting events.

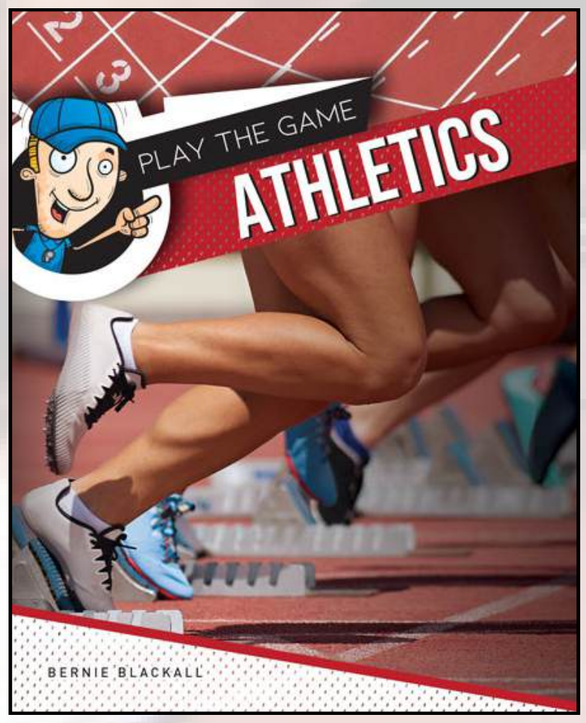
Q5 — 500 × 1.609 = 804.5 kilometers.
Q6 — 42.195 ÷ 1.609 = approximately 26 miles (26.2).
Q7 — 600 × 1.609 = 965.4 kilometers.
Q8 — 90 ÷ 1.609 = approximately 56 miles (55.9).

STEP 3 — A Falling Record. Reading of a graph showing the progression of the mile record from 1945 to 2026, followed by four questions combining data analysis and calculations.

Q9 — 3:43.1 − 3:42.6 = 0.5 seconds.
Q10 — 3:59.4 − 3:42.6 = 16.8 seconds.
Q11 — 2026 − 1954 = 72 years.
Q12 — Open-ended answer, justify your answer. The graph shows that the curve flattens and the gains become minuscule (a few tenths of a second): both positions are defensible.

WRAPPING UP

- Conduct a group discussion about what the students have learned about the mile and its record.
- Discuss what surprised them most (a mile longer than a kilometer, the four-minute barrier, a record broken by only a few tenths of a second).
- Ask: Do they think Josh Kerr's record will ever be broken? Why?



FURTHER EXPLORATION

📖 Bernie Blackall. *Play the Game: Athletics*. RedBack Publishing

① 3 × 60 + 42.66 = 222.66 s
② 1609 ÷ 222.66 ≈ 7.2 m/s
③ 7.2 × 3.6 ≈ 26 km/h (accept any answer between 25 and 27 km/h depending on rounding)

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Josh Kerr, faster than a car?

You now know that Josh Kerr ran the mile—about 1,609 meters—in just under 3 minutes and 43 seconds.

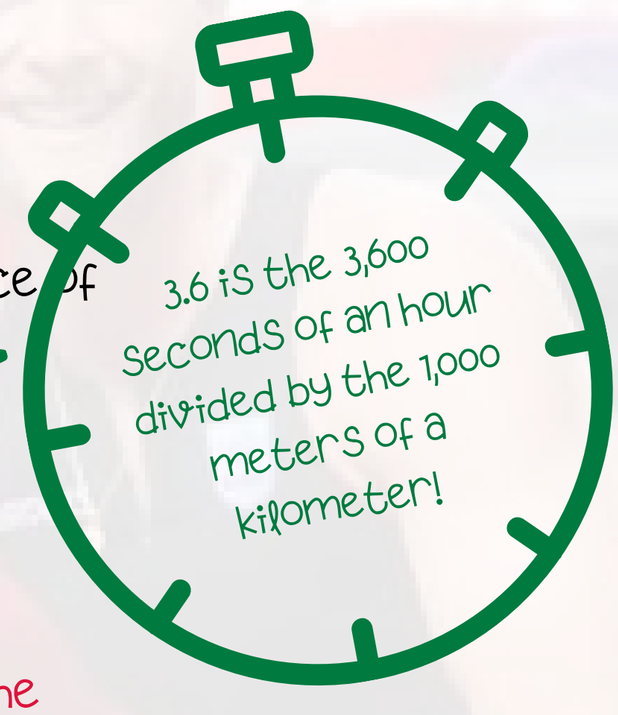
But how fast was he actually going? Fast enough to keep up with a car? Let's get out the calculator and find out!

How? It's easy!

① First, convert Josh Kerr's time (3 min 42.66 S) to seconds.

② Next, calculate his speed in meters per second. To do this, divide the distance of the mile (1,609 meters) by the number of seconds you calculated in step ①.

③ Convert to kilometers per hour. To do this, multiply your answer by 3.6.



👉 You should get a speed of about 26 km/h! That's almost the maximum speed allowed for a car in a school zone (often limited to 30 km/h). Do you arrive at the same answer?

In other words, Josh Kerr is going almost as fast as a car passing by your house! 🤯

It's your turn to make history! 🏅

Imagine it's your turn to break a world record. Which one would you choose?

✏️ Draw the scene of your feat: the stopwatch, the packed stadium, your flag, the crowd chanting your name.
📰 Then write the headline that would announce your achievement to the world!