



How fast can you complete 25 Meters?

Equipment Needed:

- Stopwatch
- Score card
- Objects to mark start and finish
- Measuring Tape

Rules:

- Measure out 25 Meters (82 ft)
- Use cones to set the start and finish lines
- Have someone time you
- Record the time

Modifications:

- If you do not have a measuring tape, have someone take 25 big steps

