



How fast can you complete 50 Meters?

Equipment Needed:

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

Rules:

- Measure out 50 Meters (164 feet)
- 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, take 50 big steps

