TUESDAY JUNE 2ND 2020

Sports Day Event: Sprint

WHAT YOU NEED:

- A 'Tester' or family member, to "shout ready, steady and go!" and record time.
- A Stopwatch
- 2 Cones or Garden Objects

HOW TO SET UP AND RECORD YOUR RESULT:

1. Place your 2 Cones or Garden Objects 10 metres (m) apart on flat ground (10 large adult steps if you don't have a measuring tape).
2. When the Tester shouts "On Your Marks", stand with your feet about shoulder-width apart, with your dominant foot slightly in front, just behind the first cone.
3. Distribute most of your weight on the front foot.
4. On "Set," bend slightly at the hips and knees, keeping your head and chest up. From here, place your arms in the ready position with one arm high behind your back (this should be the same arm as your dominant foot) and one arm low in front of your body.
5. Finally, when the Tester shouts, "Go" explode towards the second cone straight ahead, touching it before returning to your starting point.
6. The Tester will record how long it takes using the stopwatch. The Tester will then inform you of your time in seconds (s) to 2 decimal places, for example 23.13s.