



Record Breaker



- How quickly can you run around your home?
- Record your time. Repeat 4 more times. What was your personal record?
- Add up all your times. How many long did you run in total?
- How far did you run based on your best estimates.
- Using that information, how long would it take you to run 1 km? 10 km?
- Draw what shape your running path took.



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- How quickly can you run around your home?
- Record your time. Repeat 4 more times. What was your personal record?
- How much faster were you on your best time compared to your slowest time?
- Estimate how far you can do a running leap.
- Measure your actual leap with sticks and then a measuring tape.
- Hop as long as you can on two feet and count by 2's or 20s.