



Name \_\_\_\_\_ Class \_\_\_\_\_ Date \_\_\_\_\_

### Beat Your Time

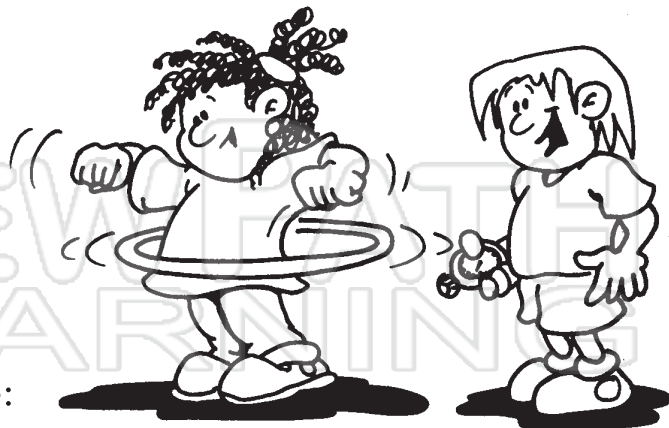
**You will need:**

a stopwatch, P.E. hoop.

**Here's what to do:**

Time how long it takes to do these:

1. Run around the sports field once:



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My guess: ..... Time: .....

5. How long can you use a P.E. hoop?

My guess: ..... Time: .....



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## What Can You do in a Minute?

**You will need:**

a stopwatch, basketball.

**Here's what to do:**

Count how many things you can do in a minute.

*How many times can you:*

1. Bounce a ball? .....



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bounce the ball while your partner runs around the basketball court.

How many bounces did it take?.....

How many bounces did it take for you to run around the court?

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