

All you need is:
Stopwatch, notepad
and a pen

How fast can you sprint?

Grab a family member and time each other when sprinting amongst two markers, for example between two lamp posts, two trees or front to back yard.

Record your times below, **are you getting faster every week?**

WEEK 1

Name:

Time:

Name:

Time:

WEEK 2

Name:

Time:

Name:

Time:

WEEK 3

Name:

Time:

Name:

Time:

WEEK 4

Name:

Time:

Name:

Time:

Cheetah Fast Facts

Cheetah are the fastest land animal on earth!
They can run up to speeds of 112 km/h.

Can you run as fast as a cheetah?

