

Name: _____ Date: _____

Formula to Learn: Distance=Rate *times* Time
 $d=rt$

Activities (Adjust for age and/or ability):

1. How long does it take you to skip or jump rope 10 times? _____ seconds
2. How many times can you jump rope in 1 minute? _____
3. How long does it take you to jump up and down 10 times? _____ seconds
4. How many times can you jump up and down in 1 minute? _____
5. Can you balance on 1 foot for 30 seconds? Yes _____ No _____
6. Can you balance on 1 foot for 1 whole minute? Yes _____ No _____
7. How long can you balance on 1 foot? _____
8. How quickly can you walk 20 paces? _____ seconds
9. How many paces can you walk in 1 minute? _____
10. How quickly can you draw 10 triangles? _____ seconds
11. How many triangles can you draw in 1 minute? _____
12. How long does it take you to write your name 10 times? _____ seconds
13. How many times can you write your name in 1 minute? _____
14. How long does it take you to do 10 cartwheels? _____ seconds
15. How many cartwheels can you do in 1 minute? _____
16. How long does it take you to run 20 strides? _____ seconds
17. How fast can you sprint 50 meters? _____ seconds
18. How fast can you sprint 100 meters? _____ seconds

Calculate your rate for running.



19. Distance 50 meters divided by time _____ =rate _____ m/s
20. Distance 100 meters divided by time _____ =rate _____ m/s