

ICE RINK CHALLENGE

HOW FAST CAN YOU GO?



Speed skating is a fast, high energy Olympic sport! Athletes race each other around a track on ice skates. They can reach speeds of up to 35 miles per hour and the competitors almost touch the floor as they angle their bodies to change direction!

Speed skaters cover 1000m in just over 60 seconds.
So set a timer to 60 seconds and see how quickly you can move!

What do I need?

- Space
- A copy of the Recording sheet
- A clock or stopwatch
- Pen/pencil
- A pair of socks

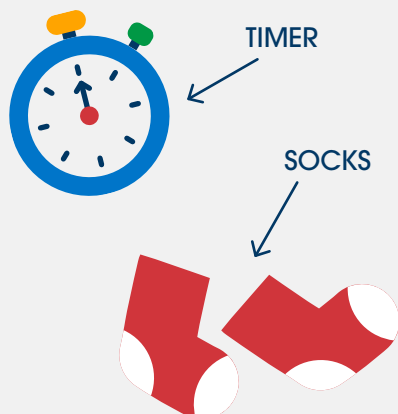
How long will it take?

15 minutes



What should I do?

1. Clear the area you wish to work in and collect your items.
2. Review the activities on your Recording sheet.
3. Set your timer for 60 seconds.
4. Start your timer and begin the first activity in your Recording sheet (star jumps)
5. See how many you can complete in 60 seconds.
6. Record your score on the Recording sheet.
7. Work through each of the activities, recording your scores as you go.
8. When you have finished, add up your scores to find your total.



RECORDING SHEET





Extra challenge

1

Carry out the challenge for a second time - can you beat your score?



2

Can you create a Recording sheet for a friend or family member with some other speed challenges on?



Watch this video to learn more about speed skating:
https://youtu.be/V4P_wZGo9Uc

Share with us

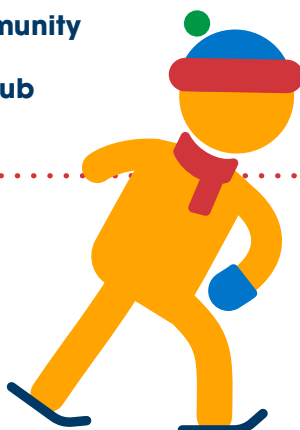
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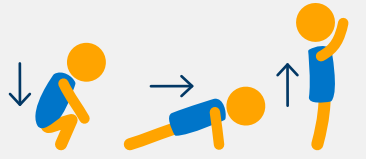
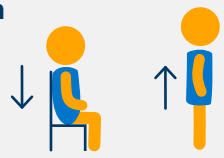
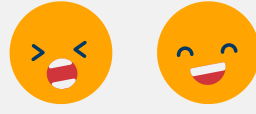






ICE RINK CHALLENGE

HOW FAST CAN YOU GO?

Recording sheet

Activity	How many can you do in 60 seconds?
<p>Star jumps</p> 	
<p>Burpees</p> 	
<p>Stand up and sit down</p> 	
<p>Shout 'Winter Olympic and Paralympic games!'</p> 	
<p>Put your socks on and off</p> 	
<p>Create your own! Can you think up a 60 second challenge for you and your family?</p> 	
<p>Grand Total</p>	