



40 YARD DASH/WHEEL CHALLENGE

Walk/Run/Wheelchair

What you are doing:

1. Walk, run, or wheelchair forty (40) yards (36.6m) and record your fastest time out of two (2) attempts.
2. There is no requirement on location or whether you are indoors or outdoors.
3. Submit your fastest time as an individual or add up all the fastest times together for your team.
4. Make sure the student-leader and teacher-coach verify you have completed the challenge.

What you need:

- Proper clothing and footwear for the conditions.
- Stopwatch or a device to keep time.
- Large area free of obstructions and has an ample amount of space.

Note for Student-Leaders and Teacher-Supervisors: *Feel free to modify the challenge in order to provide opportunity to any students who would like to participate.*

That's all there is to it!

Remember to stay safe, have proper supervision and the more students that participate the more points you get.

You Have Been Challenged!