



Activity Sheets

Cheetah Dash

Cheetahs are amazing animals that can run up to speeds of 70 mph reaching 45 mph in just 2 seconds!

Do a Cheetah Dash to see how fast you can sprint.

Supplies:

- Measure a good distance for your players to sprint (e.g. 15 feet, 25 feet)
- Mark the start and finish with a cone or some visible object.
- Timer (stop watch, kitchen timer, etc)
- Can be played with one person sprinting and one timing, take turns or make it more challenging with a group.

How to Play:

1. Line up on the starting line. If there's a group space everyone out a little so to not interfere with each other's sprinting or divide up and take turns.
2. The person timing the sprinters stands near the finish line and says "On your mark, get set, DASH" and starts timer. Players dash to the finish line.
3. Stop time when first sprinter crosses the finish line. Record time.
4. Keep dashing and record each person to get individual times OR have multiple stopwatches going to record different sprinters as they cross the finish line.
5. Record times on a sheet. This is a great activity to do multiple times and see if the Cheetah Dash score gets faster or slower.

Have fun doing the Cheetah Dash!
Share what you've learned with friends and family.

#cheetahkids
#savecheetahs