

Team Members' Names

Walk, Run, Jump! Activity – Relay Worksheet

HOPPING start time: _____ Hopping end time: _____

Total time for hopping: _____

JUMPING start time: _____ Jumping end time: _____

Total time for jumping: _____

WALKING FORWARDS start time: _____ Forwards end time: _____

Total time for walking forwards: _____

WALKING BACKWARDS start time: _____ Backwards end time: _____

Total time for walking backwards: _____

Which race was the fastest? _____

Which race was the slowest? _____

What was the total time for all four races? _____

Which type of muscle did you use for all these races?

Circle one: skeletal cardiac smooth