

Track & Field

(Choose as many activities that you are able to do)

Submit scores on specialolympicsri.org

Equipment Needed

A stop watch or time keeping device

Cones or something to use as markers (Ex: rocks, toilet paper rolls, etc.)

Measuring tape

Tennis Ball (or any type of small ball)

<u>EVENT</u>	<u>EVENT DESCRIPTION</u>	<u>SCORE</u>
#1 <u>50m Dash/Walk/Wheelchair Race</u> How fast can you run, walk, jog or propel 50m?	<p>You can do the 50m dash in your yard, on a sidewalk or in any open space.</p> <p>Measure 50 meters (164 feet) from start to finish. If you don't have a measuring tape you can measure the distance by taking by taking 60 large steps.</p> <p>Use cones (or some other objects) to mark the start and finish lines.</p> <p>You can run, walk, jog or propel for this event.</p>	<input type="text"/> sec
#2 <u>100m Dash/Walk/Wheelchair Race</u> How fast can you run, walk, jog or propel 100m?	<p>You can do the 100m dash in your yard, on a sidewalk or in any open space.</p> <p>Measure 100 meters (328 feet) from start to finish. If you don't have a measuring tape you can measure the distance by taking by taking 120 large steps.</p>	<input type="text"/> sec

Use cones (or some other objects) to mark the start and finish lines.

You can run, walk, jog or propel for this event.

#3 200m Dash/Walk/Wheelchair Race

How fast can you run, walk, jog or propel 200m?

You can do the 200m dash in your yard, on a sidewalk or in any open space.

 sec

Measure 100 meters (328 feet). When you walk/run/jog/sprint/roll **down and back** it will be a total of 200m. If you don't have a measuring tape you can measure the distance by taking by taking 120 large steps.

Use cones (or some other objects) to mark the start and finish lines.

You can run, walk, jog or propel for this event.

#4 Standing Long Jump

How far can you jump from a standing position with your feet together?

Place a cone (or some other object) at the spot where you are going to start your jump.

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Keep both feet together on the ground and jump as far as you can.

Place a cone (or some other object) where the heels of your feet land.

Measure the distance with a measuring tape or by pacing it out. We prefer that the measurement be in **meters**.

Perform and measure **three** standing long jumps. Enter the score for your **farthest** jump.

#5 Tennis Ball Throw

How far can you throw a tennis ball?

Place a cone (or some other object) on the ground to mark where you will throw from.

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Throw the tennis ball and mark the spot where it lands with a cone (or some other object).

Measure the distance with a measuring tape or by pacing it out. We prefer that the measurement be in meters.

Perform and measure **three** tennis ball throws. Enter the score for your **farthest** throw.

Anyone can do this event, but we ask that they do not throw over 15m.

#6 Sit Ups

How many sit ups can you do in 30 seconds?

You can do the sit ups in any modification that works for you.

You can do a full sit up, a bended knee crunch or a seated leg lift. If you are in a wheelchair, try to do toe touches and/or boxer punches.

#7 Push Ups

How many push ups can you do in 30 seconds?

You can do the push ups in any modification that works for you.

You can do a standard push up, a push up from your knees, or a wall push up. If you are in a wheelchair, have a partner work with you and push them back as many times as possible.

#8 Boxer Punches

How many boxer punches can you do in 30 seconds?

You can do this activity standing, sitting, kneeling or lying down.

You only need your body weight to do these punches. Rotate your hips to get more of a core workout. If you can't do that then work on rotating your shoulders to get an upper body workout.

Extend your arms out as far as they will go and punch as fast as you can to allow your heart rate to elevate.

#9 Seated Marches

How many seated marches can you do in 30 seconds?

You can do this activity sitting or standing.

While in place alternate your legs and arms as high in the air as you can as if you were marching.

Raising your arms in the air will help to elevate your heart rate. If you can't raise your arms, hit your hands with your knees as you march.