

# It's all about the pace



**What you need:** Socks and a stopwatch or clock.

## How to play:

- Mark a track around your home using the socks.
- How many times can you run around your track in 30 seconds?
- Can you double the distance if you work for 1 minute? How did that make you feel?
- Can you run your track without stopping for 6 minutes? Pace yourself to maintain a consistent speed.
- How many laps did you complete?

**Notice what happens to the distance you complete when the time increases.**