



48 Foot Pacer

*Students stand behind the line until the CD tells them to start running. They should start out with a pace that will allow them to keep running longer later into the challenge.

*When they complete a lap, students wait behind the line again until they hear one of two beeps. ****Don't get confused by the level beep!!!

*When students miss getting behind the line two times, the challenge is over.

*Students may also stop when they realize they have reached their level of being exhausted.



Level 4 (32 laps) is a Bronze Level!

Level 6 (51 laps) is a Silver Level!

Level 8 (72 laps) is a Gold Level!

*Students who earn any of these levels will get their name on a certificate to be placed on the wall.