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Tips:

* Getting ready to run – do a gentle warm up e.g. some leg stretches and easy moving (save your energy for recording your attempt)
* Go off at a steady pace, too fast and you will become tired long before you are finished, if you need to walk do so – start running again as soon as you can
* Remember how many laps you need to do, as this will help you judge how fast you can go
* When on your last lap try and finish strongly to get a fast time
* Your partner can use the box below to mark of the number of laps completed

|  |
| --- |
| **1 mile run** |
| **Number of laps** | **My Time** M:SS.00 |
|  |  |

**Name:**

**Your teacher needs to know that you have completed the number of laps required and the time you completed them in.**

|  |
| --- |
| **1 mile run** |
| **Number of laps** | **My Time** M:SS.00 |
|  |  |

**Name:**

**Your teacher needs to know that you have completed the number of laps required and the time you completed them in.**