



MATHS Plan

COUNTRY: France

SCHOOL: Collège Le Sacré-Coeur - Ploërmel

ACTIVITY NAME:

Middle Distance Race: Run as long as you can and be comfortable with it

MATERIALS: A runner, a track, cones, an observer, a grid, a pen, a stopwatch.

ACTIVITY NUMBER: 1

MAKING ACTIVITY:

- Place cones every 50 metres on a 250 metres long track.
- The runner runs for 6 minutes
- The observer takes notes: number of laps in 6 minutes
- Calculate the distance covered in 6 minutes
- Divide it by 100
- You have your MAS: Maximal Aerobic Speed
- Look at the chart
- Find how many cones you have to go past in 3 minutes
- Run comfortably for 20 minutes!
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