


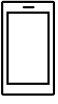
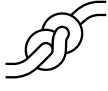

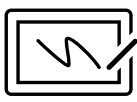
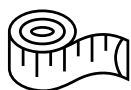

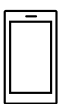


Measuring & Timing Guide

class of 2021



What you will need:

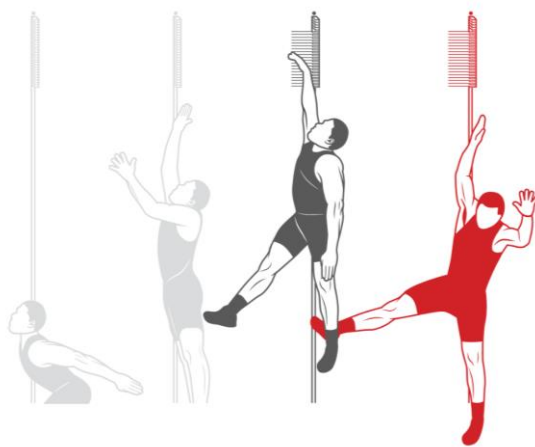
- **Ruler/measuring** 
- tape/string/cellphone**  
- **Marker/tape/chalk**  
- **Masking tape/tape** 
- **Timer/Cellphone**  



HOW TO MEASURE: Vertical Jump

HOW TO MEASURE A VERTICAL JUMP:

1. Stand with your side to a wall
2. With your feet flat on the ground, reach the arm closest to the wall as high as possible
3. Mark the highest spot you can reach. Either put chalk on your fingertips or have a friend mark it with tape
4. From the same standing position, jump and hit the wall at the highest point of your jump. Mark the spot the same way you did earlier
5. Try three to five jumps and use your highest one
6. Subtract your standing reach from your jumping reach to get your vertical jump/ Measure the distance between your standing reach and your jumping reach



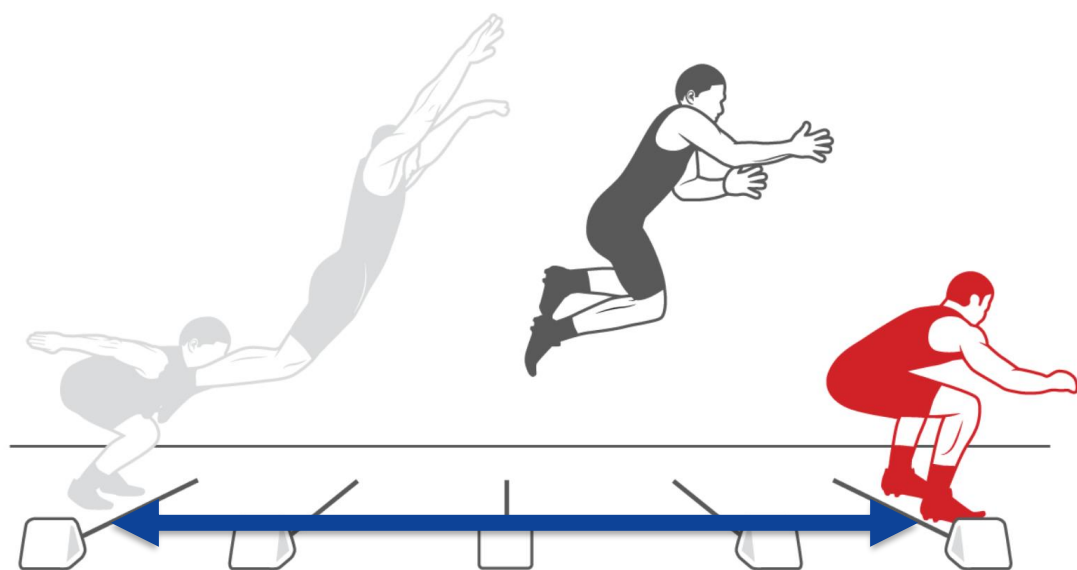


HOW TO MEASURE: Broad Jump

HOW TO MEASURE A BROAD JUMP:

1. Make a mark at the starting point
2. Stand behind starting point mark
3. Jump
4. Measure the distance between the starting point mark and the mark at the nearest heel.

***Please note no falling back and no movement on landing**



Measure from starting point to the end of heel

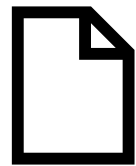


HOW TO MEASURE: Without a ruler/tape measure



If you don't have a ruler/string or tape measure here's how you can measure:

OPTION 1:

1. Use a standard A4 page
2. The length of a standard A4 page is 29.5cm
3. Measure your distance by using a A4 paper as a ruler
4. If 6 A4 pages fit in the distance you are measuring times 6 by 29.5
5. For Example: $6 \times 29.5 = 177$ (1.77m)



OPTION 2:

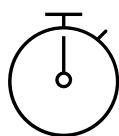
1. Download measurement app
2. Android: Measure App by Google 
3. IOS: Measure App by Apple 



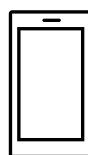


HOW TO TIME: Sprint & Shuttle

What you will need:



OR



Stopwatch/timer

Cellphone/Tablet

1. Mark starting point
2. Mark end point
3. Ask someone to help you time your sprint/shuttle
4. Countdown (3,2, 1)
5. As soon as the countdown ends start the timing process
6. Once you cross the end point timing must be stopped
7. Make sure to submit your timing in the following format:

00:06,30

Minute

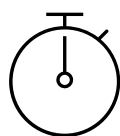
Seconds

Split
Seconds

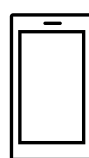


HOW TO TIME: Push-Up Challenge

What you will need:



OR



Stopwatch/timer

Cellphone/Tablet

1. Ask someone to time you
2. Make sure you use a timer option and not the stopwatch option
3. Set timer to 1 minute (60sec)
4. Countdown (3,2,1)
5. As soon as the countdown ends start the timer
6. Do as many push-ups as you can within 1 minute (Remember to keep track)
7. Stop After timer goes off (After 60sec)
8. Submit the total push-ups done in 1 minute (60sec)



Enjoy and
good luck!



D SCHOOL
GROUP



XXXX

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