





## TV Commercial Challenge - Sprinting

Week 1			
Activity	How many or how long	How many days	Instructions
TV commercial sprint challenge 	Once	4 days/wk	When you are watching television and the commercials come on, take the TV commercial sprint challenge. Imagine that you are running the 100 metre race in the Olympics. At the start of one commercial, run on the spot as fast as you can. Count your steps and see if you can do 100 steps before the commercial ends.

Week 2			
Activity	How many or how long	How many days	Instructions
TV commercial sprint challenge 	Twice	4 days/wk	When you are watching television and the commercials come on, take the TV commercial sprint challenge. Imagine that you are running the 100 metre race in the Olympics. At the start of one commercial, run on the spot as fast as you can. Count your steps and see if you can do 100 steps before the commercial ends.

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Week 3			
Activity	How many or how long	How many days	Instructions
TV commercial sprint challenge 	Once	3 days/wk	When you are watching television and the commercials come on, take the TV commercial sprint challenge. Imagine that you are running the 200 metre race in the Olympics. At the start of one commercial, run on the spot as fast as you can. Count your steps and see if you can do 200 steps before the commercial ends.

Week 4			
Activity	How many or how long	How many days	Instructions
TV commercial sprint challenge 	Twice	4 days/wk	When you are watching television and the commercials come on, take the TV commercial sprint challenge. Imagine that you are running the 200 metre race in the Olympics. At the start of one commercial, run on the spot as fast as you can. See if you can finish 200 steps before the commercial ends. Can you do the challenge twice in one day?