

## Tier 2 (Higher Ability Athletes)

### Basketball

#### Free Throws

How many Free Throws can you make out of 20 attempts?

**Setup:** The free throw line is 15 feet from the backboard.

**What to record and submit:** Record the number of free throws you make out of 20 attempts and that's your free throw score.



#### 3 Pointers

How many 3 pointers can you make out of 20 attempts?

**Setup:** The three-point line is 20 feet from the backboard.

**What to record and submit:** Record the number of three pointers you make out of 20 attempts and that's your three-point score



### Track & Field

#### 100 Meter Dash

How fast can you walk, roll or run 100 meters?

**Set up:** You can do the 100-meter dash in your yard, on a sidewalk, or any open space. Measure 100 meters (or 328 feet) from start to finish. If you are unable to use a measuring tape, you can measure by taking 120 large steps. Mark the distance.

**What to record and submit:** Record the time it takes you to run, walk or roll 100 meters from start to finish.



#### 200 Meter Dash

How fast can you walk, roll or run 200 meters?

**Set up:** You can do the 200-meter dash in your yard, on a sidewalk, or any open space. Measure 100 meters (or 328 feet); when you run/walk/roll down and back it'll be a total of 200 meters. If you are unable to measure 100 meters, you can take 120 large steps and use that distance to go down and back for 200 meters.

**What to record and submit:** Record the time it takes you to run, walk or roll your wheelchair 200 meters from start to finish.



## PUSH-UPS

How many push-ups can you do in 60 seconds?

**What to record and submit:** Count and record the number of push-ups you can do in one minute (60 seconds).



## SIT-UPS

How many sit ups can you do in 60 seconds?

**What to record and submit:** Count and record the number of sit ups you can do in one minute (60 seconds).

