



The Academy of Natural Sciences *of* DREXEL UNIVERSITY

Animal Superhero Strength Test

Can you jump as far as a puma or see as far as an owl? Could you compete against the world's fastest or largest animals? Test your own strength, sight, and speed against the abilities of nature's own superheroes using these easy steps.

Know before you begin:

- This activity can be done inside or outside
- All supplies are easy to find, substitute, or leave out entirely
- Adult supervision is recommended
- Please choose a safe space to play

Materials:

- Sidewalk chalk (or anything to mark a starting line or a distance marker: sticks, string, tape, etc.)
- Tape measure
- Paper and marker
- Stopwatch or phone timer
- Post-it Notes

Instructions

Step One: Create your Challenge Area

- **Make a starting line**, with plenty of space in front of you for running or jumping. Try using sidewalk chalk, string, or sticks if you can go outside. Inside, try using tape or be creative by making a line of stuffed animals. Anything goes!
- **Place a distance marker** about 50 feet ahead of the starting line, and mark it with tape, chalk, string, or whatever you have.
 - Don't have exactly 50 feet of space in front of you? No problem! You can do a shorter distance or estimate the length you have available.
- **Clear the space:** make sure the space between the starting line and distance marker is clear, safe, and ready to use. Avoid crossing streets or unsafe areas by asking a trusted adult to help you choose a spot.

Step Two: Start the Challenges!

1. **Long Jump Challenge:** *How far can you jump compared to a mountain lion? A mountain lion can jump 30 feet from a standing spot!*
 - a. Stand at the starting line and jump as far as you can in front of you.
 - b. Measure the spot you land with the tape measure, or just see if you can beat your jumps each time without measuring.

2. **Speed Challenge:** *How fast can you run compared to a cheetah? A cheetah can run 50 feet in less than 1 second!*
 - a. Stand at the starting line with the stopwatch ready.
 - b. When the timekeeper says “Go!”, run as fast as you can to the distance marker. If you don’t have a stopwatch, just count the seconds!

3. **Eyesight Challenge:** *How close did you have to get to read as well as an owl? Owls can see tiny animals hundreds of feet away, in the dark!*
 - a. Make a small sign with letters about 1 inch tall. Post the sign at the distance marker. If you can’t make and post a sign, find something near the distance marker to look at instead.
 - b. Stand at the starting line. Move forward a few feet at a time until you can read the sign clearly. Measure the distance away from the sign you need to be to read it clearly. If you don’t have a tape measure, just compare how close you had to get to the other people in the group.

4. **Wingspan Challenge:** *How does your arm span compare to the wandering albatross? The wandering albatross has a wingspan of up to 10 feet!*
 - a. Lay on the ground or stand against a blank wall.
 - b. Spread your arms as wide as they can go and mark where your fingertips hit with chalk, post-its, or anything else you have available. Measure the distance. If you don’t have a ruler or tape measure, just compare your arm span to the other people in your group.

5. **High Jump Challenge:** *How high can you jump compared to a rabbit? A foot-tall rabbit can jump 3 feet up in the air!*
 - a. Find a blank wall with nothing on the ground or floor around it or anything hung on it.
 - b. Jump as high as you can with your arm up and mark where your fingertips hit with chalk, post-it notes, or anything else you have available. Measure the height. If you don’t have a ruler or tape measure, just try to jump higher each time.

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<https://kids.nationalgeographic.com/explore/nature/animal-records/>