

One Minute Challenge



Need: Activity cards, 1 minute timer, Post It notes optional

- Children choose an activity card and estimate how many you can do in one minute.
- Start the timer and do the activity for one minute counting how many if you need to keep a running total.
- When one minute has passed, stop and compare the actual amount with your estimate.
- Write your actual amount on a Post It note.
 - *This means that if other children do the same activity, or of the same child does the activity again, the amounts can be put in order.*

How many times can you write your name in one minute?	How many times can you take off and put on your jumper in one minute?	How many times can you catch a ball in one minute?
How many times can you clap your hands in one minute?	What number can you write up to in one minute?	How many bricks can you make into a tower in one minute?
How many times can you draw a triangle in one minute?	How many beads can you thread in one minute?	How many pegs can you put in the pegboard in one minute?
How many times can you hop on one leg?	How many times can you sit down and stand up in one minute?	How many beads can you put in a jar in one minute?