

1.1 STEPPING OUT

Objective: Count from 1 to 20.

Instructions

1. You need some space at home or outside to march, step, hop and jump around in. Even a small space can be used to count around in a zig-zag way.
2. Decide on a place you think will be 20 marching steps or jumps away from you.
3. The idea is to count and step, march, jump or hop to 20, counting out loud as you move towards your target place.
4. If perhaps you reach the count of 20 before you get to the end, start counting from 1 and moving again from where you are.
5. Try it again, but to some music this time!

Challenge

Can you do this counting down and back from 20 to 1?

