

! minute challenge

See how many of the following you can do in 1 minute.

Challenge- add all of the things you have done altogether- what is your total?

1. Number of claps in 1 minute
2. Number of hops in one minute
3. Number of using your hands to make circles on your tummy in one minute
4. Number of jumps on the spot in one minute
5. Number of triangles you can draw in one minute
6. Number of star jumps in one minute
7. Number of times you can write your name in one minute
8. Number of different animals you can name in 1 minute
9. Number of time you can stand up/sit down/stand up/sit down in 1 minute
10. Number of things beginning with an 's' you can think of in 1 minute
11. Number of frog jumps in 1 minute
12. Number of times you can say banana, apple, grape in 1 minute
13. Number of times you can bounce and catch a ball in 1 minute
14. Number of rainbows you can draw in one minute
15. Number of times you can lift your leg and clap underneath it in one minute
16. Number of things you can find made of plastic in one minute
17. Number of times you can roll over in one minute
18. Number of times you can say Peter Piper picked a pepper
19. Number of times you can touch your head, shoulders, knees and toes
20. Number of happy faces you can draw in one minute.