

### Task 1:

<u>Activity</u>	<u>Time</u>
Walk from the front door to the back door	
10 star jumps	
15 hops	
Put your shoes on and take them off again	

### Task 2:

<u>Activity</u>	<u>Estimate time</u>	<u>How long did it actually take?</u>
Make a tower of cushions		
Run round the garden or a room in your house		
Drink a glass of water		
Eat lunch		
Draw a picture		
Go for a walk		
Write out the numbers 1 to 20		