

# Disclaimer

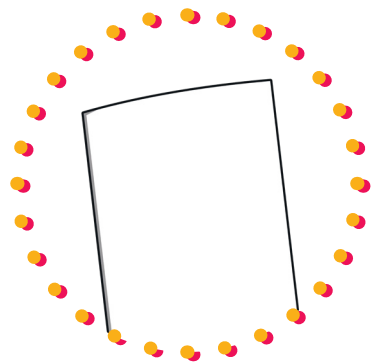
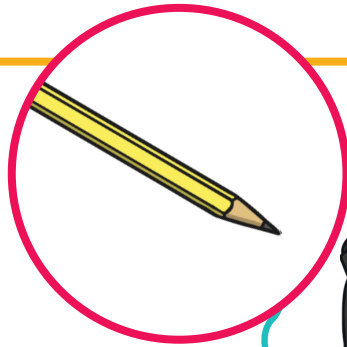
This resource is provided for informational and educational purposes only. As this resource refers to physical activity and outdoor learning, you must ensure that an adequate risk assessment is carried out prior to using this resource. You must contact a suitably qualified professional if you are unsure. Twinkl is not responsible for the health and safety of your group or environment. It is your responsibility to ensure the resource and the information/activity it contains are safe and appropriate to use in your situation. It is your responsibility to ensure that the activity is safe for those participating. You may wish to take guidance as to whether and how participants should warm up before taking part in any activity, and carefully assess any environmental risks to be sure participants have a safe space in which to take part. Outdoor areas provide great opportunities for playing and learning, but you should always check any environmental risks before taking part in outdoor activities, and only proceed if it is safe to do so. You should ensure that children wash their hands after being outside, and are respectful of nature, taking care of animals and plants.

# Time Challenges

## You will need:

- stopwatch or timer
- recording sheet
- paper
- pencil
- partner
- playground or hall (for challenge 4)

We usually measure time in seconds, minutes, hours, days, weeks, months and years. Do you know how long a minute is?



Have a go at each of these mini time challenges. Each challenge can be done with a partner or as a whole-class activity. You will need someone to use a stopwatch to time each one. You can record your predictions and results on the Time Challenges Recording Sheet.

## Challenge 1

Close your eyes and count in seconds in your head. Put your hand up when you think 1 minute has passed. The person timing should write down how long has passed for each person as they raise their hand. How close to 1 minute were you? See if you can get closer by repeating the activity.



## Challenge 2

How many star jumps do you think you can do in 1 minute? Record your prediction and then get someone to time you. Make sure you keep count! You could compare results with children in other year groups to investigate whether older or younger children are faster at jumping.

## Challenge 3

How many times can you write your name in 1 minute?

## Challenge 4




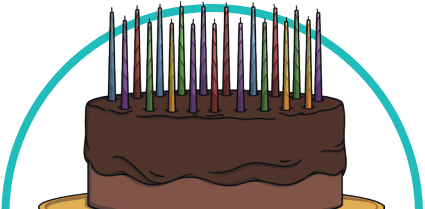
Now, can you use your knowledge of 1 minute to estimate the lengths of time for other activities? How long does it take you to complete 2 laps of the playground? Make a prediction first.

## Challenge 5

How long does it take you to sing 'Happy Birthday' twice?



# Time Challenges Recording Sheet

Challenge	Prediction	Result
<b>star jumps</b> 	How many jumps do you think you can do in 1 minute?	Number of jumps:
<b>name writing</b> 	How many times do you think you can write your name in 1 minute?	Number of times:
<b>two playground laps</b> 	How long do you think it will take?	Time taken:
<b>singing 'Happy Birthday' twice</b> 	How long do you think it will take?	Time taken:

Can you create your own challenge involving time?

results?

How do you think practising running laps might change your

'Happy Birthday' twice?

Did it take longer to run two laps of the playground or to sing  
to do the most star jumps in 1 minute? Why do you think that?

Do you think older children or younger children would be able

Were any of your predictions for the challenges correct?

Did you get closer to counting 1 minute on your second go?

## Time Challenges

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Were any of your predictions for the challenges correct?

Do you think older children or younger children would be able  
to do the most star jumps in 1 minute? Why do you think that?

Did it take longer to run two laps of the playground or to sing  
'Happy Birthday' twice?

How do you think practising running laps might change your  
results?

Can you create your own challenge involving time?