

Estimate (sensible guess) how long it will take you to do these activities. Then time yourself doing them. How close were your estimates?

Challenge: Convert your times into minutes and into seconds.

Activity	Estimate:	Actual time in minutes e.g. 1minute 35 seconds	Actual time in seconds e.g. 95 seconds
20 star jumps			
Say the alphabet backwards (no mistakes)			
Read a page of your book			
Write your name 20 times			
How long you can hold your breath for			
How long you can stand on one leg with your eyes closed without falling over.			
Your own activity			
Your own activity			