




Time Activity 1

Try these challenges using your time skills.

Time

Mild, Spicy or Hot	Challenge
	Keep a diary of your evening and write down the different times that you have done different things. How long did they take or did you spend doing different things? For example 6pm went to bed. Read a book for 10 minutes
	Time how long it takes to travel to school or how long it takes to travel home each day. Record the time you start and the time your journey ends. Can you work out how long you have taken to travel?
	Play with a family member or a friend. Find a timer device and set it to either 1 minute, 30 seconds or less. Take it in turns to time each other doing different activities such as star jumps, seeing how high you can count up, jumping up and down a stair. Record your results and see who wins in the end. 