

Name: _____

Your Outdoor Tasks

First make groups of 4 students, obtain a 1 minute sand-timer or a stopwatch. Follow the tasks below.

How many times can you skip a rope in one minute?

Ask another student to count your skips using the sand-timer, stopwatch or count 60 seconds.

Each student in your group is to take a turn at skipping.

Write your amount of skips here 

At the count of three each student in your group starts running on the spot. Who can run on the spot the longest?

When you have found the student who can run the longest have a run on the spot with the other team students. Who can run on the spot the longest out of the whole class?

Write his/her name here 

Obtain one ball per team. Stand in a circle with your team members. Throw the ball from one student to another.

How many times can you throw the ball to each other in one minute without it falling on the ground?

Ask your teacher to count out loud to 60 or call 'stop' when the minute is up. Write your answer here 

Can you do push-ups?

Ask one student to count how many push-ups you can do in one minute. Make sure they keep an eye on the sand-timer or stopwatch.

If you can't do push-ups, do sit-ups. Write how many you did in one minute here 