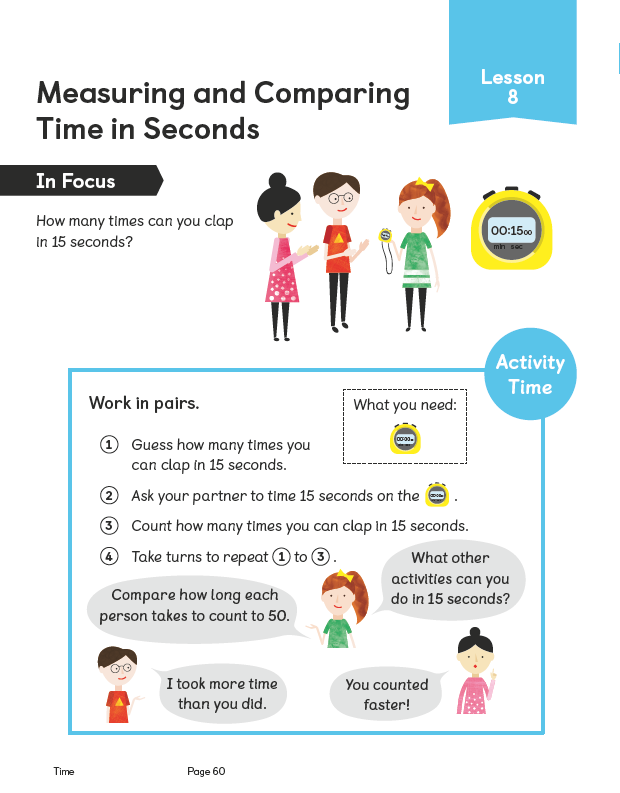
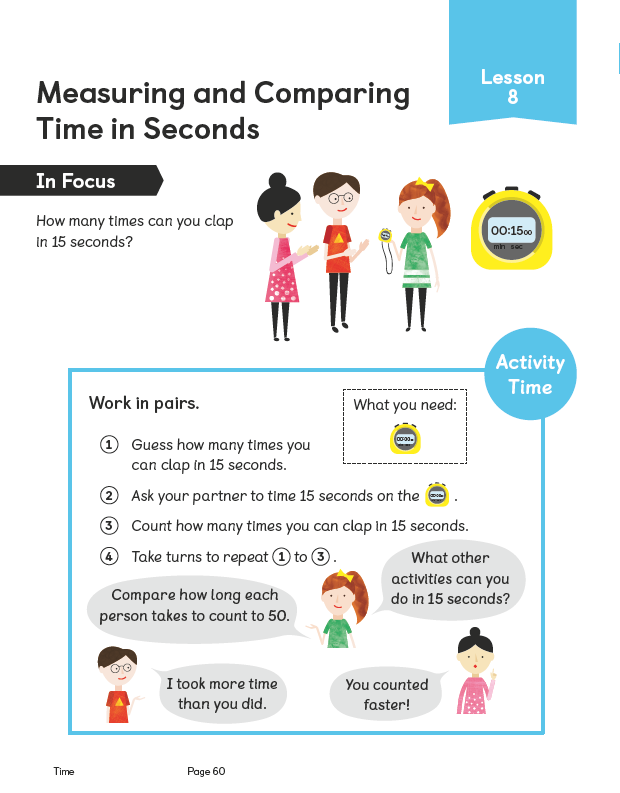
Time – lesson 8



Use a timer ad see how many times you can clap in 15 seconds.

You could use a stopwatch on a mobile phone, Ipad/tablet or computer.

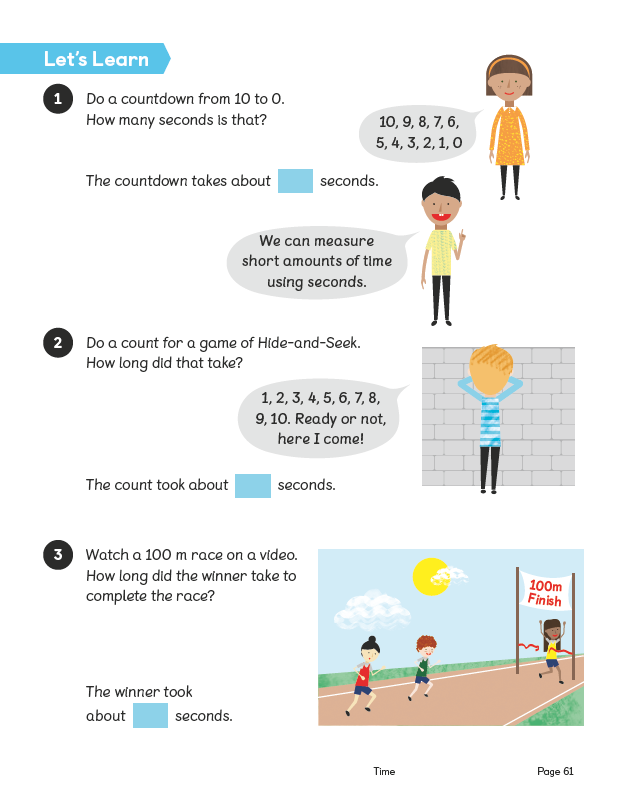
Activity time



See who can clap the most in 15 seconds.

You can play with your sibling or parent if they have a moment. If not time yourself and see if you can beat your record.

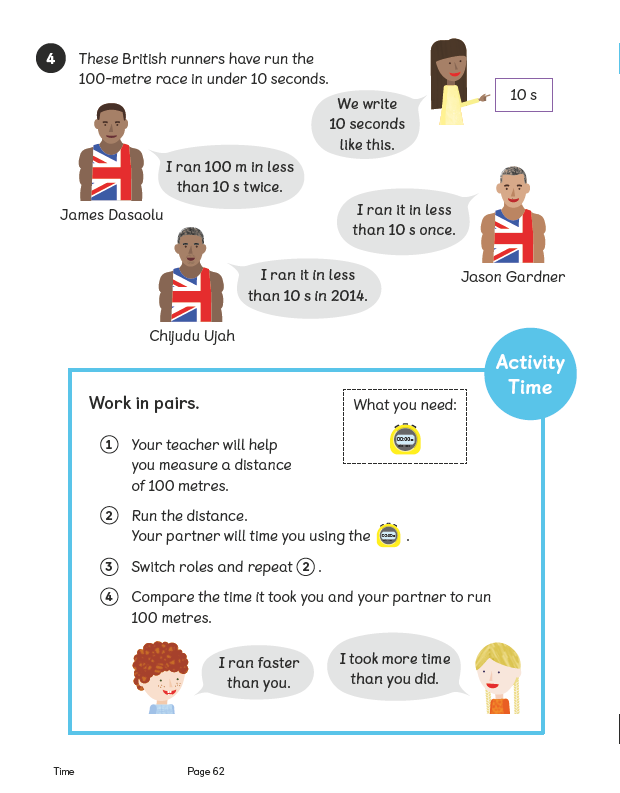
Who clapped the most in the 15 seconds?



Here is a link to a 100m race

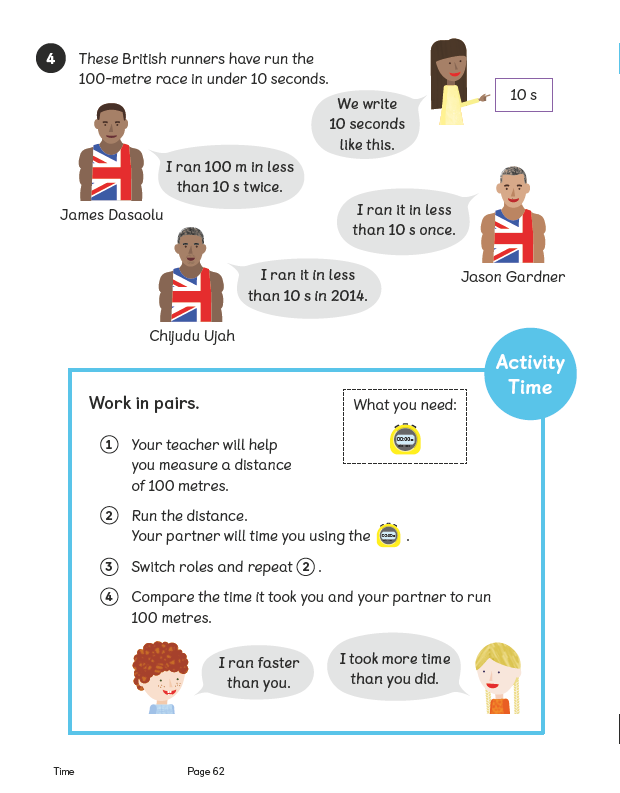
<https://www.youtube.com/watch?v=XxOoPEhy9T8>

How long did the race take?

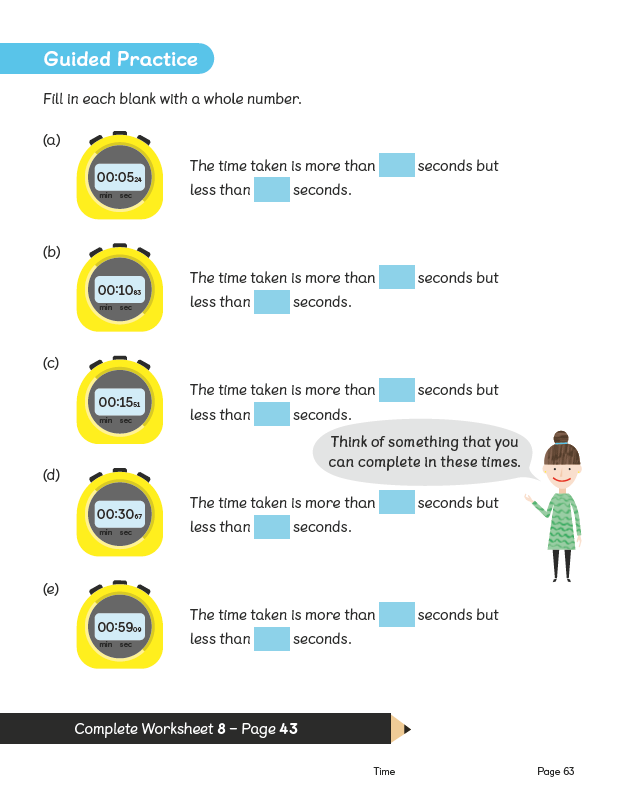


**Activity time!**

If you are able to complete. Do not worry if you can’t.



**Now practice…**



Now complete the worksheet below.

