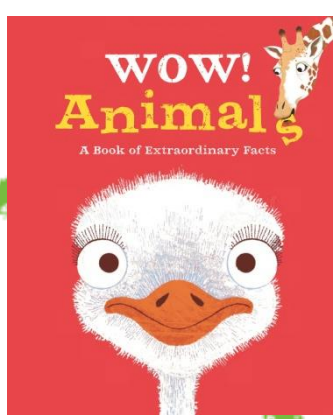


Time



WOW! Animals



The Long Jump

The amazing animals in the book each have different talents and skills.

Can you time yourself and see how many of each activity you can do in 30 seconds?



The woodpecker challenge – How many times can you tap the table with your finger?

The flying fish challenge – how many times can you jump up and down?

The elephant challenge – how many times can you stomp your feet like an elephant?

The frog challenge – how many times can you hop on one leg?

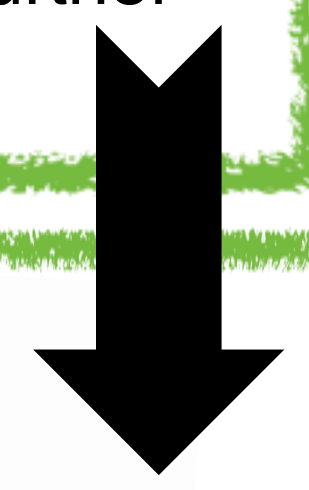


A grasshopper can jump about 20 times the length of its own body...WOW!

How far can you jump? Mark the ground to show your starting position and once you have completed the standing long jump, mark your end position.

Now use the measuring tape to measure how far you can jump.

Can anyone in your household jump further than you?



Super Speedy Animals

The peregrine falcon is the fastest animal on the planet. It can swoop at speeds of 180 kilometres per hour. Dragon flies can zip along at 60 kilometres per hour.

How fast can you run? Measure out 3, 4 or 5 metres and time yourself.

How far can you run? Mark your starting position and run as fast as you can for 30 seconds. How far did you get? Can anyone in your household run further than you?

