**NLC Maths and Numeracy Learning at Home**

**First Level: Time**

How long will it take?

Using the table below time yourself (or get someone to help) doing some - or all – of the activities. Repeat the activities once a day over the next 5 days and time yourself each time. Record your time each day so you can compare the times.

How did the times change from Day 1 to Day 5? Did you get faster? Why do you think the times changed?

A: Jump 20 times

B: Throw a ball in the air and catch it 10 times in a row

C: Say the alphabet backwards

D: Hop on 1 leg 15 times without falling over

E: Do 30 star jumps

F: Make up your own activity

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|  | **Time Taken** |
| **Activity** | **Day 1** | **Day 2** | **Day 3** | **Day 4** | **Day 5** |
| **A** |  |  |  |  |  |
| **B** |  |  |  |  |  |
| **C** |  |  |  |  |  |
| **D** |  |  |  |  |  |
| **E** |  |  |  |  |  |
| **F** |  |  |  |  |  |