









How Many Seconds?

I can measure and record time in seconds.



Use a stopwatch to time yourself and your partner completing these activities.

Activity	How long did it take in seconds?	
	You	Your partner
10 hops 	_____ seconds	_____ seconds
10 skips with the skipping rope 	_____ seconds	_____ seconds
10 marches on the spot 	_____ seconds	_____ seconds
10 frog jumps 	_____ seconds	_____ seconds
10 star jumps 	_____ seconds	_____ seconds
10 catches of a bean bag 	_____ seconds	_____ seconds









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Activity	How long did it take in seconds?	
	You	Your partner
20 hops 	_____ seconds	_____ seconds
15 skips with the skipping rope 	_____ seconds	_____ seconds
5 marches on the spot 	_____ seconds	_____ seconds
10 frog jumps 	_____ seconds	_____ seconds
10 star jumps 	_____ seconds	_____ seconds
20 catches of a bean bag 	_____ seconds	_____ seconds









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Activity	How long did it take in seconds?	
	You	Your partner
20 hops 	_____ seconds	_____ seconds
20 skips with the skipping rope 	_____ seconds	_____ seconds
15 marches on the spot 	_____ seconds	_____ seconds
15 frog jumps 	_____ seconds	_____ seconds
20 star jumps 	_____ seconds	_____ seconds
20 catches of a bean bag 	_____ seconds	_____ seconds

Compare your times. Who had the fastest time for each activity?