

ABC Hunt

Travel around your house in a variety of ways and try to find an item for each letter of the alphabet.

You only have 15 Minutes to try to complete the alphabet. Write your items below. The blocks have been completed for you already.

Examples: A= Apple B = Book C = Chair and so on... A _____

B _____	C _____	D _____	E _____	F _____
G _____	H _____	I _____	J _____	K _____
L _____	M _____	N _____	O _____	P _____
Q _____	R _____	S _____	T _____	U _____
V _____	W _____	X _____	Y _____	Z _____

Using only the letters you have managed to fill in above, how many words can you create

What is the longest word you can make using each letter only once?

Answer:



Jump Against the Clock

How many star jumps can you do in a set amount of time?
Time yourself or get another member of your house hold to help.

15 seconds:

30 seconds:

60 seconds:



Challenge Yourself! We have doubled the time on each go. Can you double your score?



Using your scores from above, can you answer the following maths related questions?

What is the total amount of star jumps completed?

Find the difference between your highest and lowest score?

If you did this activity three times in a week, what would be your total score for the week?

Animal Travel

Travel around your house visiting at least three different rooms.

When moving around it is sometimes helpful to think of how animals travel to help vary our choice of movement. Can you travel to different rooms in your house like different animals, for example across your kitchen like a snake?

Write the room and the animal in the boxes below:

Room:

Animal:

Room:

Animal:



Challenge Yourself! How quickly can you move like a crab?



Identify and write down the different body parts used when travelling like the following animals:

Lion

Snake

Kangaroo

Penquin

Crab



Target Throw

It's time to work on your hand eye coordination!
Roll up a pair of socks and try to throw them directly into a bucket, box or wash basket.

After each successful throw take an estimated 30cm step backwards.

Have 5 attempts and write your scores below followed by the total:

1.

2.

3.

4.

5.

TOTAL =



Challenge Yourself! Try to use a smaller target such as small bucket or bowl.



Following your target throwing activity can you answer the following questions:

In centimetres, how far away from the target did you get in 5 throws?

If you moved back 60cm instead of 30cm. How far away would you have finished from the target?

Can you convert both your answers into millimetres (mm)?