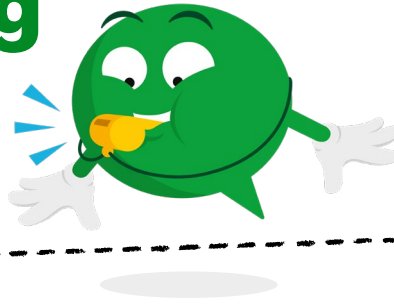


Buddy's timing and counting challenge

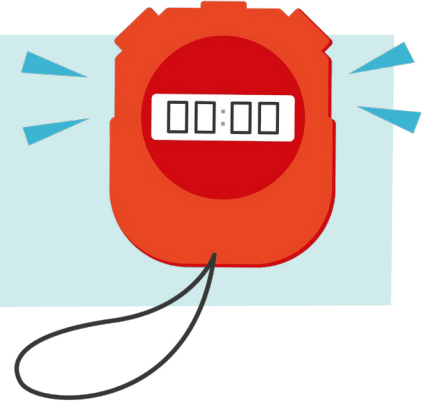


Instructions

Buddy has been practicing their timing and counting skills.

Can you do the same? Using a stopwatch count how many activities can you do in 20 seconds?

Try these suggestions or create your own.



Activity	Number counted
1. Making a star jump	
2. Touching your toes	
3. High knees	
4. Lunges	

Activity	Number counted
1.	
2.	
3.	
4.	