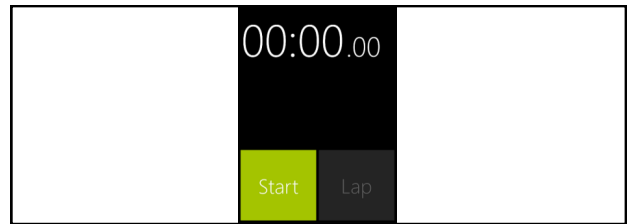


# Exercise by Time

## For this activity you will need:

- Stop watch
- Wearing shoes with shoe laces
- Inside game



## What is the learning in this activity?

**Ages:** 5+

**Purpose:** Fun physical activity to test fine and gross motor skills

## Let's play!

1. Untie your shoe laces on your shoes
2. Start the stop watch
3. Tie up your shoe laces
4. Do a star jump
5. Run into each room of your house and do a star jump
6. Run back to were you started
7. Stop the stop watch
8. How many minutes and seconds did you take to complete this activity.
9. Try again and beat your time



## Let's talk..

**Qs** - How many minutes and seconds did it take you to complete this physical activity.. How many star jumps did you do? How many rooms in our house do we have?

**Extension** - Involve other members of the family and see who is the quickest. Keep a record of the times and work out who was the fastest, slowest and differences between times. You could run the length of your driveway or backyard, jump or walk backwards.

*We'd love to see your creations and home based play.*

**Share with us at: @YarraRangesFamilies #YarraRangesPlay**

You can contact the YRC Family & Children's Services team on 1300 368 333 or by email at