

Starter Task 1

How many skips do you think you can complete in 15 seconds? Write down your estimate.

Ask your family how many they estimate they could complete. Write these down. Find a timer or watch and time each person – how close were your estimates? What was the mean (average) of the estimates? What was the mean of the actual number of skips? How could you record this? What have you found out? Do you think you could do four times this many in a minute? Would you slow down as you get tired?

Helpful hint: You can complete this activity with or without a skipping rope.