







World Records

Lots of world records are about how many times you can do a challenge in a set amount of time. For example, Andre Ortolfo from Germany holds the record for eating the most yogurts in one minute.

Look at these challenges below. How many of them can you do in the amount of time given? You can make your own challenges up once you have completed the ones below. You might need an adult to help you and a stopwatch to time your challenge.

| <u>Challenges</u> | <u>Time</u> | <u>Number of times</u> |
|--|-------------|------------------------|
| How many times can you write your name?  | 1 minute | |
| How many star jumps can you do?  | 30 seconds | |
| How high can you build a tower?  | 2 minutes | |
| How many times can you put on and take off a pair of socks?  | 1 minute | |
| How many times can you throw and catch a ball?  | 40 seconds | |
| How many skips can you?  | 2 minutes | |

Find Us:

| <u>Challenge</u> | <u>Time</u> | <u>Number of times</u> |
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