



## Great Gloucestershire Girlguiding Record Breaking challenge!

What can you achieve in one minute? Choose some of the tasks below and see what you can do in 60 seconds ....

Don't forget to set a timer or get someone to time you. Keep score and let us know how you get on

Suggested numbers to try:

- Rainbows - 4 record attempts
- Brownies - 6 record attempts
- Guides - 8 record attempts
- Rangers and leaders - 10 record attempts

Can anyone try and do all of them?

In one minute .....	Score
How high can you count?	
How many different types of fruits can you name?	
How many socks can you put on one foot?	
How many t-shirts can you put on in one minute?	
How many toilet rolls can you balance on your head?	
How far can you walk with a book balanced on your head?	
How long can you hula hoop for?	
How many clothes pegs can you peg on yourself?	
How many star jumps can you do?	
How far can you blow a pea across the floor or a table?	
How many lego bricks can you stack?	
How many times can you say the alphabet?	
How many times can you tie and untie a shoe lace?	
How many times can you touch a football with your feet?	