

Day 2: Have a sense of the length of a minute.

Show children a **1-minute sand timer** and explain that we can use it to time how long something takes in minutes. Explain that they will take it in turns to stand up, turn around and sit down again. We're going to time how long it takes to go around the whole class doing that!

Begin timing and keep time by calling '1 minute, 2 minutes, etc.' each time you invert the sand timer. Look at the timer when the children have finished to see whether they think it has only just started or it is nearer the next minute, to give a time in whole minutes.

Repeat, this time asking children to take turns to touch their head, shoulders, knees and toes, shouting 'head, shoulders, knees and toes' as they do so. Did it take longer to go round the class doing this?