

## Cojo - Lesson 3 - Mission 1.

Hello Year 5. It's time for your first Cojo mission.

**Mission 1:** 'If you want to go fast, you should go alone. If you want to go far, you should go together.'

Today explorers will test out some World Records to see how amazing the people who set them really are. At home, you will test out your resilience, speed and agility.

You will do a number of activities and record your results. When you have completed all the challenges, you will share your achievements with your teachers on Class Dojo.

Don't worry if you can't complete some challenges. Do as many as you can.

### **Challenge 1.** You will do Standing Long Jump.

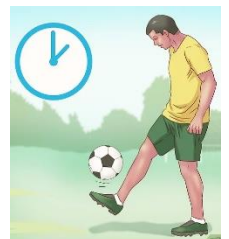
Long jump: The World Record currently stands at 8.95 metres, was set by Mike Powell in 1991.



Make a mark on the floor of where you were standing at the start, then make a mark on the space where you landed. Measure the distance and record it.

### **Challenge 2.**

Keepie-uppies! This world record was set by Dan Magness, who lives in the UK. He kept the ball going for 26 hours using just his feet, legs, shoulders and head! Challenge yourself and keep the ball going for as long as you can. Measure the time with the stop watch.



### **Challenge 3 - The most hops over one leg in a minute.**

The most hops over one leg in a minute is 38, and was achieved by Jacob Mattheis (USA) in Middletown, Maryland, USA, on 25 May 2018. Set the timer for 1 minute and see how many hops you can do.

#### **Challenge 4 - Invisible chair also called static wall sit.**

The longest static wall sit is 11 hr 51 min 14 sec achieved by Dr. Thienna Ho (Vietnam) at the World Team USA Gymnasium in San Francisco, California, USA, on 20 December 2008.

Sit against the wall and measure the time.



#### **Challenge 5. Spinning around the socks.**

This activity doesn't have a world record set but we can try and set year 5 record! Count how many full turns you will do.

Spinning around the socks. How many full turns can you do? Try out what your personal best record will be when you spin around your socks (books if you're at school) on the floor. Make sure your feet don't move, you are just allowed to move your arms.

Look at the photos below.

