



Can you ...

Hop (30 seconds)?	Yes I can	No I can't
Jump (1 metre)?	No I can't	Yes I can
Stand on one leg (45 seconds)?	No I can't	Yes I can
Touch your nose with your tongue?	Yes I can	No I can't
Hold your breath (20 seconds)?	Yes I can	No I can't
Write your name (left-handed)?	No I can't	Yes I can
Do 25 starjumps?	Yes I can	No I can't
Do the splits?	No I can't	Yes I can



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Do 25 starjumps?	Yes I can	No I can't
Do the splits?	No I can't	Yes I can