

Aspire Coaching Limited

Speed Test

How good are you at following instructions?

Complete the tasks listed below as quickly as possible.

- 1) Read the following tasks very carefully
- 2) Write your name in the top corner of the page
- 3) Draw 3 circles somewhere on the page
- 4) Colour each circle in a different colour.
- 5) Write the answer to this sum somewhere on the page $5 + 5 + 6 - 3 =$
- 6) Write a list of your 3 favourite sports somewhere on this page
- 7) Write down the answer to this sporting anagram. BATLOOFL
- 8) Write down a sport that begins with the letter R.
- 9) Draw a square somewhere on the page
- 10) Draw a line through the centre of the square.
- 11) Write a number in each half of the square.
- 12) Add (+) the two numbers together and write the answer next to the square
- 13) Stand up and perform 10 star jumps.
- 14) Draw a picture of a smiley face
- 15) Draw a picture of a sad face
- 16) Put a tick next to the face you prefer
- 17) Write a list of 3 healthy foods
- 18) Count how many people are in the same room as you right now and write it down.
- 19) Write down one good thing about yourself
- 20) Having carried out task 1, please only do task 2. Do not do tasks 3 to 19. Then hand your sheet in to the coach in silence and sit back down in your place.