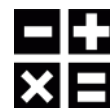


# Daily Challenge - PE and Maths #26



## Choose Your Route (Addition - Number patterns)

Level 2

Level 3

Level 4

Level 5

### Instructions

Start at level 1

Pick an activity and complete

Repeat with each level

Add up your total workout (record)

#### Extra:

Can you complete a workout:

1. Biggest score possible
2. Smallest score possible
3. Using only even numbers
4. Using only odd numbers
5. Using only prime numbers

Level 1  
Start here

16 Squats



21 High Jumps



60 Seconds  
Running on a spot



5 Sit ups



23 Two foot jumps



37 Seconds  
Plank



17 Star Jumps



61 Seconds  
Bicep Curl



8 Press ups



24 Jump Squats



30 Seconds  
V-Sit



12 Lunges



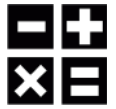
28 Jumping Jacks



62 Seconds  
Ski Squat



# Daily Challenge - PE and Maths #26



This PE and Maths challenge card has been created to help keep your mind and body active using a quick and fun challenge!

The card is suitable for KS2 to KS3 (ages 7 to 12) to develop or reinforce numeracy skills linked to physical activity and problem solving.

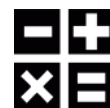
The aim of the challenge is to:

- (Physical) Complete a work out route of their own choice
- (Mathematical) Using add up total scores, identify number patterns including biggest, smallest and primes)

The rules are:

- Start at level 1 choose and complete the physical activity.
- Repeat for each level. Add up your total score of activities completed (reps and time)
- Extensions:
  1. Repeat the work out but using only the biggest numbers, smallest numbers and prime numbers
  2. Change the activities
  3. Change the numbers to make different number patterns

# Daily Challenge - PE and Maths #27



## Dice - Probability - Workout






### Instructions

Roll two dice | Multiply the two numbers | Fill in the box on grid

x	1	2	3	4	5	6
1						
2						
3						
4						
5						
6						

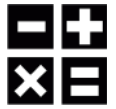
Roll the dice to select the activity to complete-

Do the activity for the number reps from the grid (x two rolled dice)

Number on dice	Activity to complete
1	Sit ups 
2	Star Jumps 
3	High Jumps 
4	Press ups 
5	Squats 
6	Two foot jumps 



# Daily Challenge - PE and Maths #27



This PE and Maths challenge card has been created to help keep your mind and body active using a quick and fun challenge!

The card is suitable for KS1 to KS2 (ages 6 to 11) to develop or reinforce numeracy skills linked to physical activity, developing multiplication skills and introduction of basic probability.

The aim of the challenge is to:

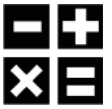
- (Physical) Complete a random work out mixing number of reps and activities.
- (Mathematical) Calculate the multiples of random numbers 1 to 6 and introduce to the chances of something happening.

The rules are:

- Roll two dice (or one twice) multiply the two numbers together
- Write the answer in the correct box on the grid provided or your own.
- Roll a dice to decide the activity to use.
- Complete the workout (number of reps from your calculation and activity selected)
- Extensions:
  1. Choose different numbers in your grids and select using different method (out of hat)
  2. Add in your own activities
  3. Ask participants what are the chances of something happening (getting a 5 etc.)



# Daily Challenge - PE and Maths #28



This PE and Maths challenge card has been created to help keep your mind and body active using a quick and fun challenge!

The card is suitable for KS2 to KS3 (ages 8 to 14) to develop or reinforce numeracy skills linked to physical activity, and using time.

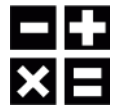
The aim of the challenge is to:

- (Physical) Complete a varied work out of your own choice of activities
- (Mathematical) Work out a routing adding to 10 minutes using varied amounts of different times

The rules are:

- Select and choose up to 10 activities to create your work out
- Choose amount of time for each activity
- Make sure the time adds up to 10 minutes
- Complete the work out
- Extensions:
  1. Repeat for workout 2 with different activities and timings.
  2. Try to not use the same amount of time twice
  3. Use unusual timings (27 Seconds, 91 Seconds etc.)
  4. Change total time from 10 minutes to something different

# Daily Challenge - PE and Maths #29



## Running Answers - Mental Arithmetic

### Instructions

Set up a running course  
(you choose distance and route)



Complete the sports quiz






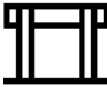
Use this final answer to indicate the number of laps to run of your course.

### Extras:

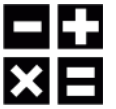
Work out your total distance by measuring your course and multiplying by your total number of laps

Add in a skill like a bouncing a ball as you run your laps.

Make up your own sports quiz with different sums

Sports quiz and sum		Answer: (=Number of laps)
Number of players starting on a single basketball team <b>X (multiple by)</b> number of point scored for a slam dunk		
Number of balls in an over (cricket) <b>+</b> (add to) Number of runs scored by hitting a boundary (with the ball touching the ground)		
Number of minutes in a football (Soccer) game <b>÷ (divide by)</b> Number of football officials rereferring the game		
Number of total players starting a rugby union match <b>- (minus)</b> points scored for a converted try.		
Number of starting players on a single netball team <b>+</b> (add to) the number of minutes in each quarter		
Number of laps around a running track for 800m race <b>X (multiple by)</b> Number of hurdles in a 110m hurdle race (athletics)		

# Daily Challenge - PE and Maths #29



This PE and Maths challenge card has been created to help keep your mind and body active using a quick and fun challenge!

The card is suitable for KS2 to KS3 (ages 8 to 14) to develop or reinforce numeracy skills linked to physical activity, with a mental arithmetic and sports games research.

The aim of the challenge is to:

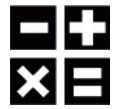
- (Physical) Complete a multi-lap running course.
- (Mathematical) To research number facts about sports and apply using mental arithmetic.

The rules are:

- Set up your own running course (choose distance and route)
- Complete the sports quiz
- Use this final answer to indicate the number of laps to run of your course.
- Run your course
- Extensions:
  1. Make your route bigger or smaller
  2. Add in a skill when running your route (bouncing or dribbling a ball)
  3. Work out the total distance ran (Measure your course, multiple it by total number of laps)
  4. Make up your own sports number based quiz.



# Daily Challenge - PE and Maths #30



## Factors of 240

Sit ups  
6



Squats  
10



Lunges  
(alternate leg)  
48



Plank  
60 Seconds



### Instructions

Complete the 10 stage work out in any order using the number for reps or seconds

Match the exercise numbers so that each pair multiply to up to make 240 (factors)

Repeat the work out reversing the numbers for each pair

Running on  
a spot  
40 Seconds



High jumps  
4



Star jumps  
12



Bicep Curls  
24



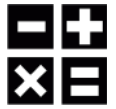
Press ups  
5



V Sit  
20 Seconds



# Daily Challenge - PE and Maths #30



This PE and Maths challenge card has been created to help keep your mind and body active using a quick and fun challenge!

The card is suitable for KS2 to KS3 (ages 6 to 14) to develop or reinforce numeracy skills linked to physical activity, with a focus on factors of 240.

The aim of the challenge is to:

- (Physical) Complete a 10 activity work out
- (Mathematical) To solve which number pairs multiply to make 240.

The rules are:

- Complete the work out in any order, using the activities and their number of reps or seconds
- Once complete, match up the pairs of activities that multiply to make 240
- Extensions:
  1. Make up your own workout pairs of activities to make 240 (I.E 2 x 120)
  2. Change the top number (From 240 to a different number) (I.E 100) and make up your own number factor pairs
  3. Use number pairs that make 240 but with a different operation (x, -, ÷)
  4. Change the workout activities to skill based (Catching a ball etc.)