Daily Challenge - PE and Maths #1

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 KS3 (ages 6 to 12) to develop or reinforce numeracy skills linked to physical activity.

The aim of the challenge is to:

- (Physical) Score as many points as you can at the appropriate level
- (Mathematical) Calculate the correct score using the key and a combination of addition and multiplying.

The rules are:

- Start at level 1
- Complete the workout using the key and your numeracy skills
- Record your score on the print out or your own version
- Move onto the next level

Daily Challenge - PE and Maths #1

Level 1 Start on 100 points	3 x 	2 x 	2 x 	Your Score
Level 2 Start on 100 points	3 x 	3 x 	4 x 	Your Score
Level 3 Start on 100 points	5 x 	5 x 	5 x 	Your Score

Key

 = 5 Star Jumps
5 Points

 = 5 Sit ups
5 Points

 = 5 Press ups
5 Points

Daily Challenge - PE and Maths #2

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 KS3 (ages 6 to 12) to develop or reinforce numeracy skills linked to physical activity, with a subtraction and time focus.

The aim of the challenge is to:

- (Physical) Get to Zero
- (Mathematical) Calculate your score for each activity and subtract from large numbers

The rules are:

- Start at 300 points
- Complete the physical activity (keeping a count as you complete each activity)
- Subtract your score from 300, and then the new score
- Repeat until you reach zero
- Extensions: 1. Start on a higher number, e.g. 500 or 700
  2. Decrease the time for each activity

Daily Challenge - PE and Maths #2

Race to Zero

Start on 300 points

30 Seconds star jumps

Subtract your score from 500

45 Seconds Squats

Subtract your score from previous score

45 Seconds Sit up

Subtract your score from previous score

Repeat until you reach zero!

Memory prompt

$$\begin{array}{r} {}^{9}\cancel{1}^{1}0\cancel{3} \\ -\ 45 \\ \hline 58 \end{array}$$

Daily Challenge - PE and Maths #3

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 9 to 14) to develop or reinforce numeracy skills linked to physical activity, with an average and time focus.

The aim of the challenge is to:

- (Physical) Complete a 5 stage work out
- (Mathematical) Calculate the mean, mode, median and range of your workout

The rules are:

- Complete the work out
- Record your scores, either on the print out or your own version
- Work out your averages using the instructions (or previous knowledge)
- Extensions: 1. Increase the time per activity
  2. Remove instructions for each calculation

Daily Challenge - PE and Maths #3

Averages

Activity	Your Score
60 Seconds Squats 	
90 Seconds alternate leg lunges 	
60 Seconds sit ups 	
30 Seconds bicep curl (with or without weights) 	
60 Seconds jumping (with or without rope) 	

Memory prompt

Mode
Most common number (if there is one)

Median
Middle number when in order (lowest to biggest)

Mean
Add up all scores and divide by number of activities (5)

Range
Highest score minus the lowest score

Your Mode	Your Median
Your Mean	Your Range

Daily Challenge - PE and Maths #4

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 KS3 (ages 6 to 11) to develop or reinforce numeracy skills linked to physical activity, with a multiplication and time focus.

The aim of the challenge is to:

- (Physical) Complete a 6 stage workout
- (Mathematical) Count your activities and calculate your new score using multiplication

The rules are:

- Complete each physical activity
- Record your scores, either on the print out or your own version
- Work out your new score using the multiplication given
- Work out your total score
- Extensions: 1. Repeat the challenge, trying to beat your own score
  2. Increase the time on each activity
  3. Change the “Multiple by” figure to different numbers

Daily Challenge - PE and Maths #4

Multiply

Activity	Your Score	Multiply by	New Score
30 Seconds press up 		x10	
60 Seconds jumping jacks 		x5	
45 Seconds lunges (alternate legs) 		x6	
45 Second Triceps dips 		x7	
30 Second leg crunch 		x2	
		Total Score: Add up last column:	

Memory tips

x10
Add a zero to the end

x5
Will always end in 0 or 5

x2
Double the score (always even)

X	1	2	3	4	5	6	7	8	9	10	11	12
1	1	2	3	4	5	6	7	8	9	10	11	12
2	2	4	6	8	10	12	14	16	18	20	22	24
3	3	6	9	12	15	18	21	24	27	30	33	36
4	4	8	12	16	20	24	28	32	36	40	44	48
5	5	10	15	20	25	30	35	40	45	50	55	60
6	6	12	18	24	30	36	42	48	54	60	66	72
7	7	14	21	28	35	42	49	56	63	70	77	84
8	8	16	24	32	40	48	56	64	72	80	88	96
9	9	18	27	36	45	54	63	72	81	90	99	108
10	10	20	30	40	50	60	70	80	90	100	110	120
11	11	22	33	44	55	66	77	88	99	110	121	132
12	12	24	36	48	60	72	84	96	108	120	132	144

Daily Challenge - PE and Maths #5

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 an addition, time and percentage focus.

The aim of the challenge is to:

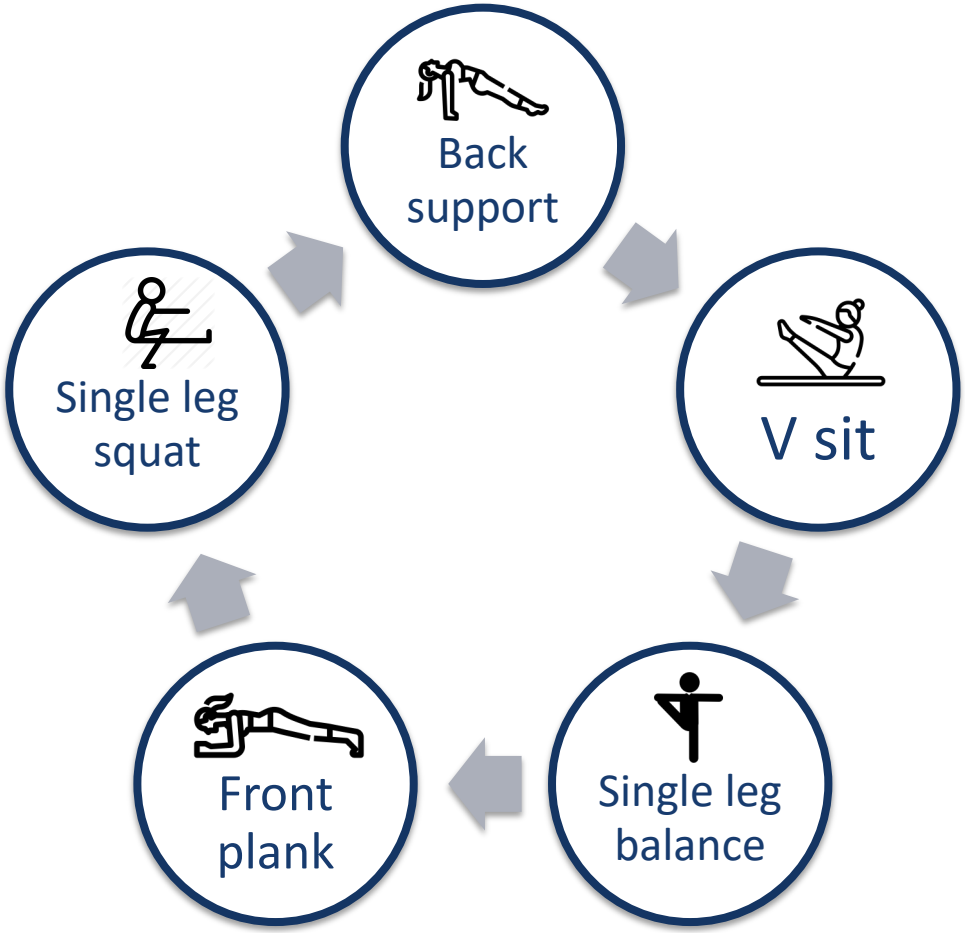
- (Physical) Complete a 5 stage work out on strength and endurance
- (Mathematical) Time your activities and work out the totals, averages and percentages

The rules are:

- Complete each physical activity for as long as you can
- Record your times
- Work out you total, average and percentages using the instructions
- Extensions: 1. Repeat the challenge. Try to beat your score (hold the activity for longer!)
  2. Change the percentage amount to different numbers (e.g. 35%, 12% etc.)

Daily Challenge - PE and Maths #5

Time, Addition + %



Instructions

- Compete each activity in the circuit
- Time and record the length you can do each activity

Now the Maths

1. Work out total time in workout

Add up all your time

2. Work out your average time per each activity (Mean time)

Add up all time then divide by number of activities (5)

3. Work out the following

50% of your work out time

Total time divide by 2

10% of your work out time

Total time divide by 10

1% of your work out time

10% time divide by 10

60% of your work out time

50% time + 10% time

30% of your work out time

10% time multiply by 3