Daily Challenge - PE and Maths #11

This PE and Maths challenge card has been created to help keep minds and bodies active using quick and fun challenges!

The card is suitable for KS2 to KS3 (ages 8 to 14) to develop or reinforce numeracy skills linked to physical activity, with a division focused.

The aim of the challenge is to:

- (Physical) Complete sprint shuttle runs to the size of a sports pitch
- (Mathematical) Calculate the (by using division) the number of laps required

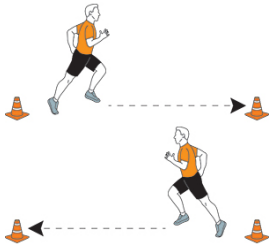
The rules are:

- Create and measure a shuttle run course (measure in metres: 1 big step = approx. 1 metre)
- Work out the number of laps you need to run (venue size ÷ size of your course)
- Record your answer on the sheet or your own version
- Run the laps
- Extensions:
  1. Change your course to change the sum
  2. Investigate and add in your own choice of venues
  3. Record how long it takes to run each pitch- Try to better it (Improve speed)

Daily Challenge - PE and Maths #11

Run the Venues ~ 1

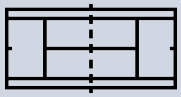
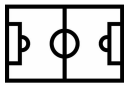
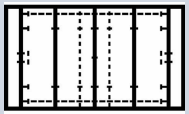
Set up your course



Measure your course
(Approximately in Metres)
1 big step = 1 metre

Work out the number of laps to run the venue

- Venue size ÷ size of course
- Run the laps!

Famous Venue	Size of Venue (Approx.)	(÷ by) Your course size	(=) Number of laps to run
Wimbledon Court (Tennis) 	24 Metres		
Wembley Pitch (Football) 	80 Metres		
Twickenham Pitch (Rugby) 	100 Metres		
Lords Pitch (Cricket) 	140 Metres		

Daily Challenge - PE and Maths #12

This PE and Maths challenge card has been created to help keep minds and bodies active using quick and fun challenges!

The card is suitable for KS2 to KS3 (ages 8 to 14) to develop or reinforce numeracy skills linked to physical activity, with a focus on multiples of 12.

The aim of the challenge is to:

- (Physical) Complete sprint shuttle runs to the size of famous buildings
- (Mathematical) Calculate the (by using multiples of 12) the number of climbs required

The rules are:

- Using an average sized stair case (assumed 12 steps)
- Work out the number of laps you need to climb (Venue size ÷ 12)
- Record your answer on the sheet or your own version
- Climb the stairs (Be careful walking/climbing the stairs. Walk down slowly after each climb)
- Extensions: 1. Investigate and add in your own choice of venues
  2. Record how long it takes to complete each climb
  - Try to better it (in a safe way!)

Daily Challenge - PE and Maths #12

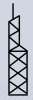
Run the Venues ~ 2 Climbing + Endurance

Using your stairs

Focus on dividing by 12 (12 steps per staircase)

Work out the number of times to climb the stairs

- Venue size ÷ 12
- Complete the climb

Famous Venue	Size of Venue (number of floors to the nearest 12)	(÷ by) 12	(=) number of climbs to complete
Hogwarts 	144		
The Shard 	312		
Bank of China Tower 	840		
One World trade centre 	1248		
Burj Khalifa (Challenge) * Largest building in the world 	1956		

Daily Challenge - PE and Maths #13

This PE and Maths challenge card has been created to help keep minds and bodies active using quick and fun challenges!

The card is suitable for KS2 to KS3(ages 8 to 14) to develop or reinforce numeracy skills linked to physical activity, with a focus on knowing the 1st 10 Prime numbers.

The aim of the challenge is to:

- (Physical) Complete a multi-stage sit up workout
- (Mathematical) To know and be able to order prime numbers

The rules are:

- Complete the pyramid (or your own list) from smallest to biggest using the the 1st 10 prime numbers
- Complete each stage of the pyramid with that number of Sit ups
- Extensions:
  1. Remove the prime number help box
  2. Swap prime numbers for square number (I.E: 2 x 2 x 2)
  3. Change the activity (Press ups or sports skill-keep ups etc)

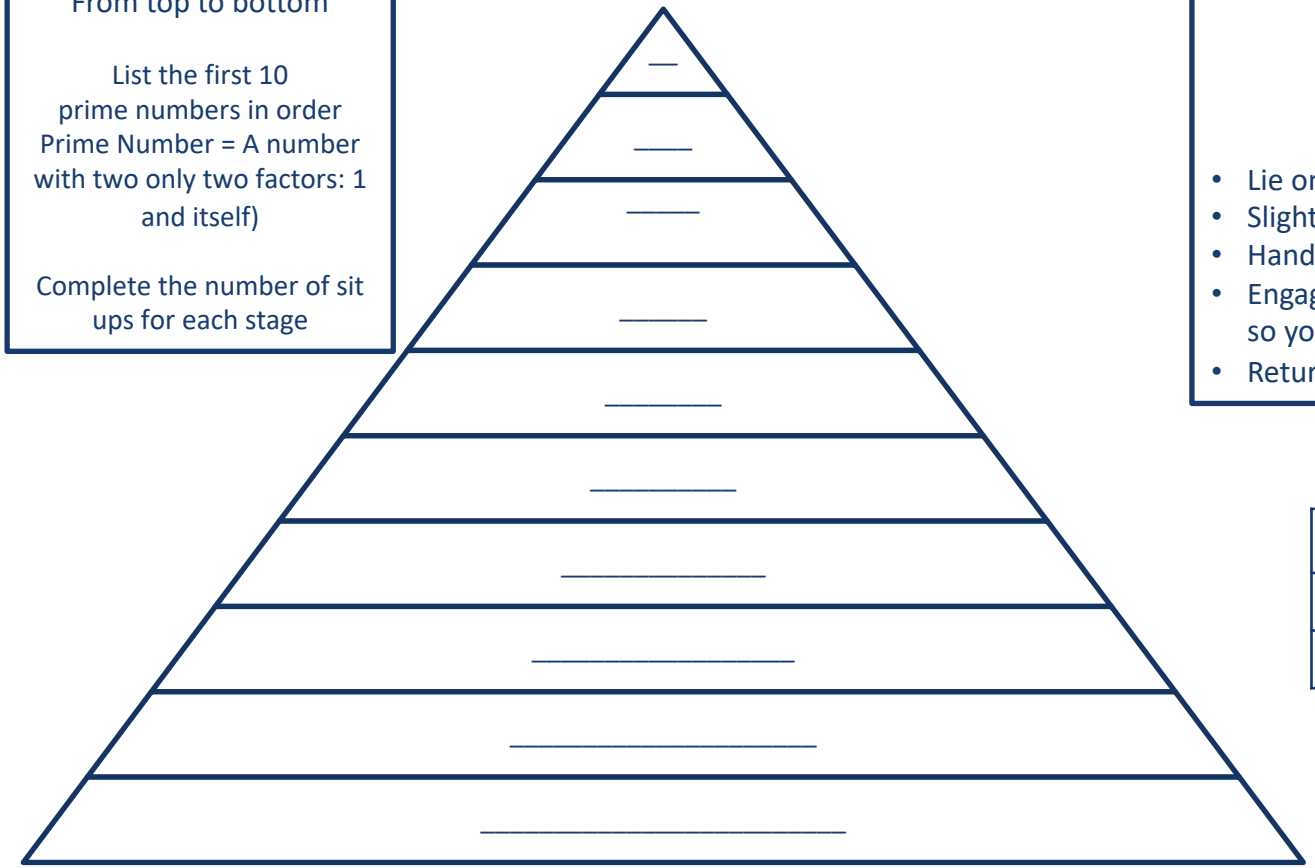
Daily Challenge - PE and Maths #13

Know your Primes- Sit up challenge

From top to bottom

List the first 10 prime numbers in order
Prime Number = A number with two only two factors: 1 and itself)

Complete the number of sit ups for each stage



Top Tips

How to do a correct sit up

- Lie on the floor facing the ceiling
- Slightly bend your knees
- Hands should lightly touch your head
- Engage your core by lifting your upper body so your elbow touches your opposite knee
- Return to the start position

1st 10 Prime Numbers (Help)				
5	11	29	3	19
29	7	2	13	17

Daily Challenge - PE and Maths #14

This PE and Maths challenge card has been created to help keep minds and bodies active using quick and fun challenges!

The card is suitable for KS1 to KS2 (ages 6 to 11) to develop or reinforce numeracy skills linked to physical activity with an improving coordination and “using number focus”.

The aim of the challenge is to:

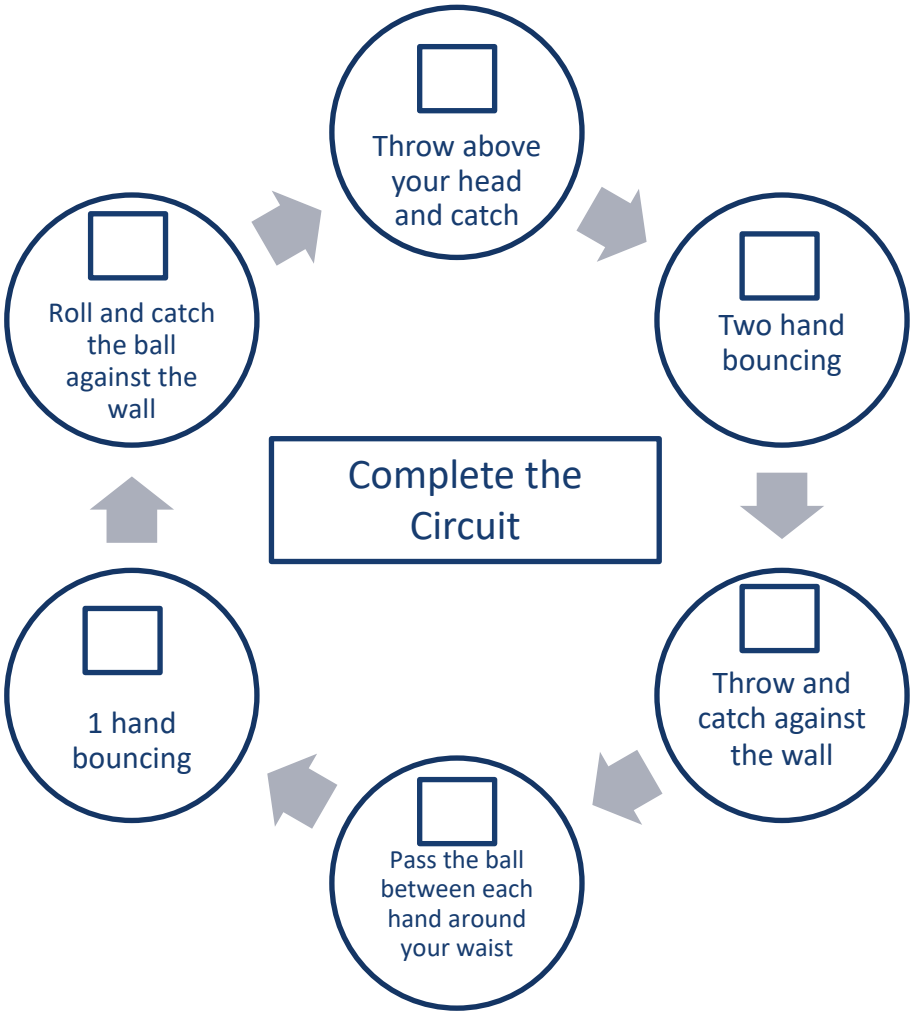
- (Physical) Complete a 6 stage ball skill circuit.
- (Mathematical) Use your totals to add up larger numbers and use in different ways.

The rules are:

- Complete the ball circuit for 60 seconds each
- Record your times on the sheet or on your own version
- Using the instructions solve the sums based on your totals
- Extensions: 1. Change the time for each activity.
  2. Add or change the activities to suit you. Bouncing a ball, catching a ball etc.
  3. Change different ball types to improve coordination.

Daily Challenge - PE and Maths #14

Ball skill coordination and addition



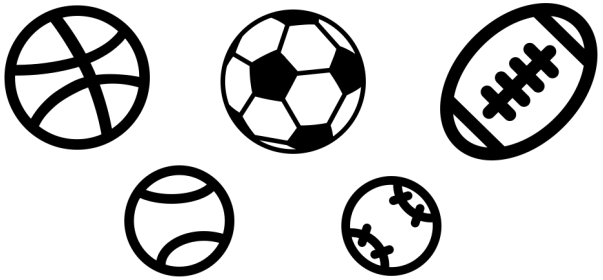
Instructions

- Compete each activity in the circuit
- **60 seconds at a time**
- **Use a big ball for each**
- Record the number of each activity in the box ☐

Maths Work:

1. Add up all you totals
2. Order your totals from biggest to smallest
3. Add your biggest total and smallest total
4. Add your two middle totals

Repeat the circuit with a smaller ball



Daily Challenge - PE and Maths #15

This PE and Maths challenge card has been created to help keep minds and bodies active using quick and fun challenges!

The card is suitable for KS2 to KS3 (ages 8 to 14) to develop or reinforce numeracy skills linked to physical activity, with a focus on interpreting data, specifically pictograms.

The aim of the challenge is to:

- (Physical) Complete a varied work out using different activities and a different number of reps.
- (Mathematical) Work out the amount of activities by using a pictogram and key.

The rules are:

- Use the key (multiples of 5) to complete the total column.
- Record your scores, either on the print out or your own version
- Complete your work, using the total number and the activities pictured
- Extensions: 1. Change the key to change the sum and total number of activities.
  2. Add or remove pictures
  3. Change the activities to suit you- Football keep ups, catching a ball etc.

Daily Challenge - PE and Maths #15

Using data - Pictogram

Activity		Total
Sit ups		
Lunges (left leg)		
Press ups		
Lunges (right leg)		
Two foot jumps (with or without rope)		
Bicep curls (with or without weights)		
Star jumps		
Shuttle runs		

Key:

1 icon = 5 Reps

 **= 5 Bicep curls**

Instructions

Using the key fill in the Total **column** (Multiples of 5)

Complete the work out using the totals for each activity

Answer the questions

1. Most popular activity?
2. Least popular activity?
3. Which activities are the same?