**26.1.21 Active Maths Challenge**

Today you will need to time yourself doing a variety of exercises.

Then you will have to work out how many you can do in one minute, 10 minutes or 5 minutes by using multiplication!

If you don’t have a timer you can count as you go – ‘1 elephant, 2 elephant, 3 elephant ……’ as this takes about a second to say.

For example:

I can do 22 jumps in 30 seconds. If I multiply this by 2, it means I can do 44 jumps in 1 minute

30 seconds = half a minute 2x30 seconds = 1 minute so 2x22 jumps=44 jumps

I can skip 35 times in a minute. So I can skip 350 times in 10 minutes because 10x35 skips =350 skips

Now it’s your turn:

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| --- | --- | --- | --- | --- |
| Action | Length of time | | Multiplied by | Total |
| Jump | 30 secs = | | 2x\_\_\_\_\_\_=\_\_\_\_\_\_ | 1 min = |
| Skip | 1 min = | | 5x\_\_\_\_\_\_=\_\_\_\_\_\_ | 5 mins = |
| Hop | 30 secs = | |  | 1 min = |
| Star Jumps | 1 min = | |  | 10 mins = |
| Lunge | 1 min = | |  | 5 mins = |
| Choose two more exercises of your own | | | | |
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