



Adding,  
subtracting,  
multiplying,  
dividing

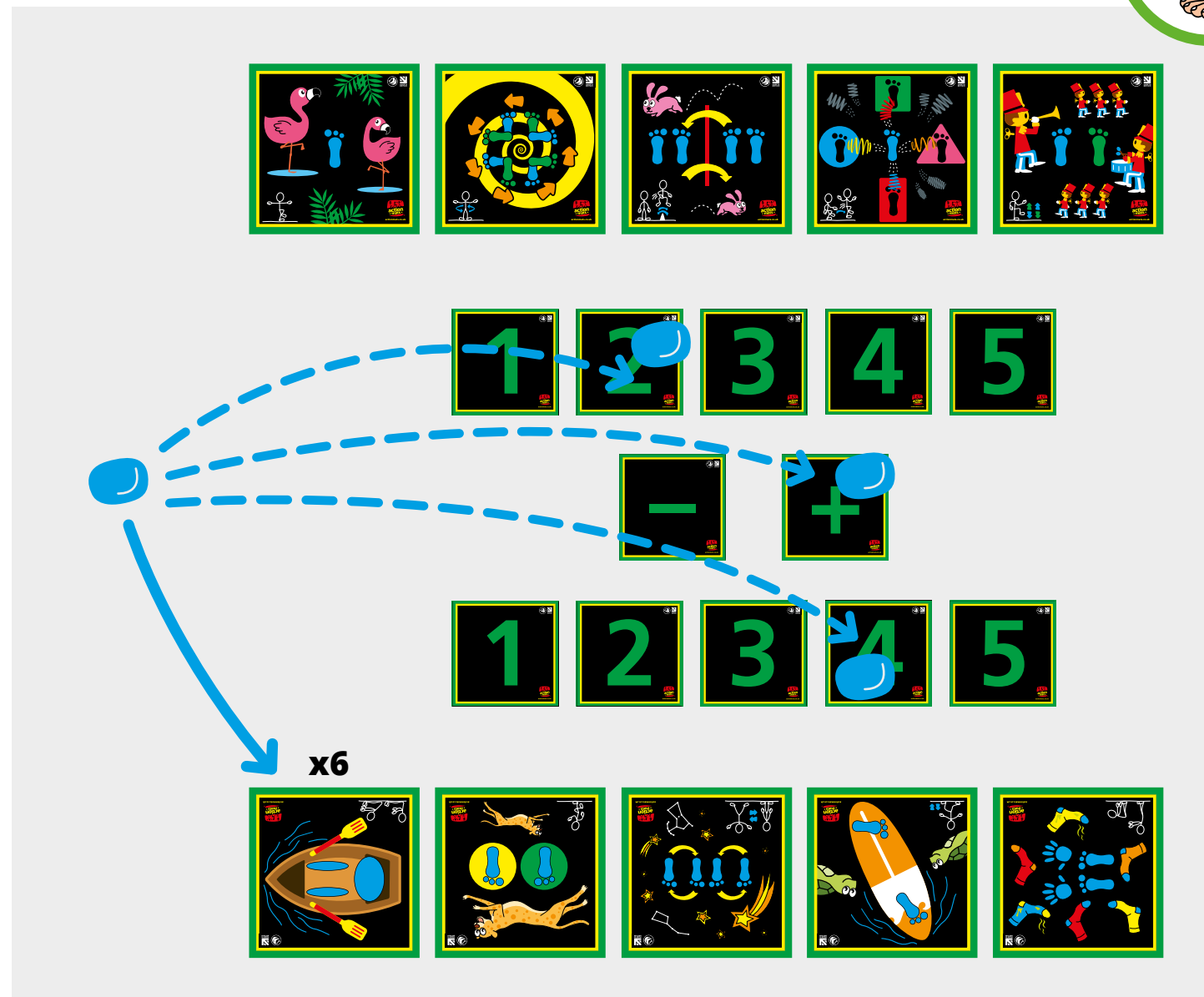
## What's needed

Number Mats  
Bean Bag  
Mini Mats

## How to play

Place two lines of number mats with the chosen sum mats (+ or -) in the centre with Mini Mats scattered around the room. Have the children lined up to throw a bean bag onto each line of numbers and then they can choose whether to add or take away the numbers, the children can work together to complete the sum or to make it harder the children complete the sum alone. Once they have the answer to the sum the child runs to a mat and do the exercise that many times.

## The Setup





## Suggested age range

Foundation Stage/ KS1

## Learning outcome

To recognise numbers, be able to add and subtract, work as a team, and develop control and coordination while carrying out exercises.

## Success criteria (measuring impact)

Recognise numbers, correctly add and subtract sums, work as a team and successfully carrying out exercises the correct number of times.

## Risks to be considered

- Suitable clothing and footwear are worn by the children and anything that could obstruct or cause injury has been removed
- The right equipment is available and has been checked

- The area is safe and clear ensuring any hazards have been removed
- Safety information is highlighted to staff and children
- SEND pupils and other vulnerable groups (e.g., EAL) have suitable support to take part in the activities

## Assessment for learning questions

### Pre- activity:

- Why is working as a team important?
- What tips could you give to someone wanting to improve their exercises on the mats?
- What is helpful or unhelpful when working in a team?

### Post-activity:

- What did you do better or different to improve?
- What could you do better next time?
- What have you learnt about working in a team?
- What would help with your maths skills to be able to answer the sum themselves?

## Warm Up

Perform two rounds for 30 seconds each. Rest for 10 seconds in between each exercise:

- Lunges 30 second /10 second rest
- Plank 30 second /10 second rest
- Press ups 30 second /10 second rest
- Rocket jumps 30 second /10 second rest
- Sit ups 30 second /10 second rest
- Star jumps 30 second /10 second rest

## Main focus

To work as a team to improve maths skills so that the child can complete their sum on their own after practice, whilst working on their physical and motor co-ordination skills

## Cool down

Teacher led  
30secs per exercise

- Arm stretches
- Hula hoop motion without the hula hoops, slowly
- Static lunges with side stretch
- Static Rocket Jumps -Squat and lift
- Calf stretches

## Reflect

In which activity do you think you have demonstrated your personal best?

What improved skills have you achieved?

Where do you feel you could have done better?

What would be your goal for next time?

What have you learnt about yourselves today?