



Recognising numbers

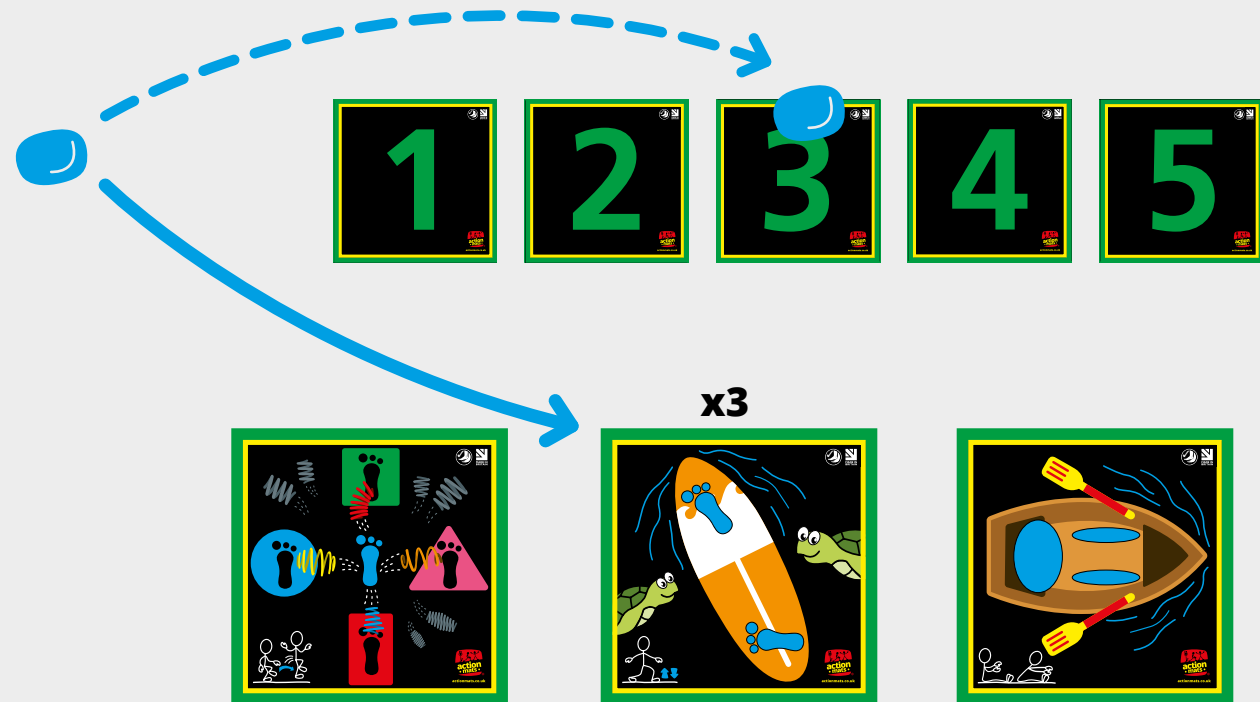
What's needed

- Number Mats
- Bean Bag
- Mini Mats

How to play

Line the children up in two lines, place Mini Mats in two lines with number mats down the centre. One child throws a bean bag onto a number and says what the number is then runs to a mat and carries out the exercise that many times. Once the child has run to the mat the next child can throw the bean bag and do the same, this keeps going until all the children have had a go.

The Setup





Suggested age range

Foundation Stage/ KS1

Learning outcome

To recognise numbers, be able to follow instruction, turn taking and develop control and coordination while carrying out exercises.

Success criteria (measuring impact)

Correctly recognising numbers 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 turn taking important?
- What tips could you give to someone wanting to improve their exercises on the mats?

Post-activity:

- What did they do better or different to improve?
- What could they do better next time?

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 use mental maths skills 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?