



# 4 (or 8) Repetition Circuits Race

## Year

3

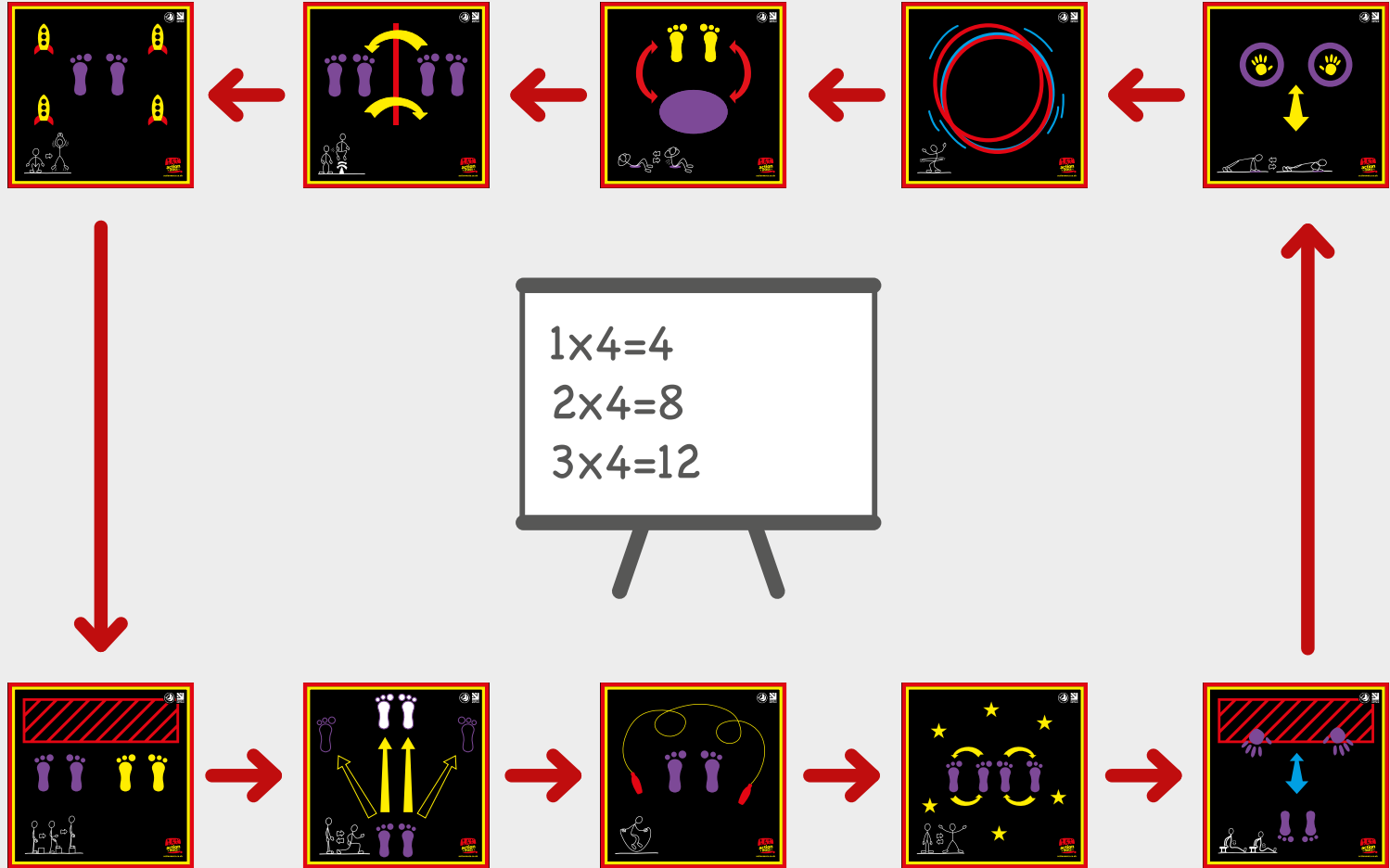
## Focus

Multiplying and  
dividing by 4 and 8

## What's needed

**Action Mats required:**  
Rocket Jump, Speed Bounce,  
Sit-ups, Hula Hoops, Push  
Ups, Step-ups, Lunges,  
Skipping Mat, Star Jump,  
Tricep-dip

**Maths mats required:**  
None – but whiteboards and  
pens required.





## Warm Up

### Body Parts

Pupils move around the area either jogging, hopping, jumping, striding etc. The teacher then asks the pupils to get into groups of 4. The teacher asks the pupils to have a combined number of 8 parts of their bodies touching the floor. E.g. each pupil in the group of 4 has both their feet on the floor – giving x8 touchpoints. Teacher then changes the movement and the pupils move off in different directions and possibly different ways from each other – maybe having x4 body part touching the floor - e.g. crawling or in a crab position. On the teachers call, the pupils then have to get into groups of 8 and have a combined number of 12 body parts touching the floor



Each child has to have x2 different body parts touching the floor than any other of the children in their group. Points could be awarded for the most interesting shapes the children can use – focus on good balance and form - strong links to gymnastics.

## Main task

### 4 (or 8) Repetition Circuits Race

Each Pupil (or in pairs) stands by an Action Mat. The teacher says ready steady go and starts a timer. The pupils perform x4 repetitions of the activity on their mats. Once completed, the children then write the number sentence  $1 \times 4 = 4$  on their whiteboards and then then move to the next mat in a clockwise direction. Once the pupil has performed the x4 repetitions for the 2nd mat, they write the number sentence  $2 \times 4 = 8$  on their whiteboards and then so on until they have completed all of the repetitions on all of the mats and got to the number sentence of  $10 \times 4 = 40$ . The teacher then records what time each individual pupil managed to complete the circuit in. The circuit of activity can be repeated but for x8 repetitions rather than x4. Would encourage timing again. (Did they go faster or slower)



Look at making some of the tasks harder or easier for the children – perhaps add in more equipment such as x2 hula hoops – Australian press-ups (Pupils lay on their back pushing up) or introduce burpees rather than lunges. Maybe they have to self-serve and catch a tennis ball x10 times between each Action Mat.