



# The Action Mats buddy challenge

## Year

3

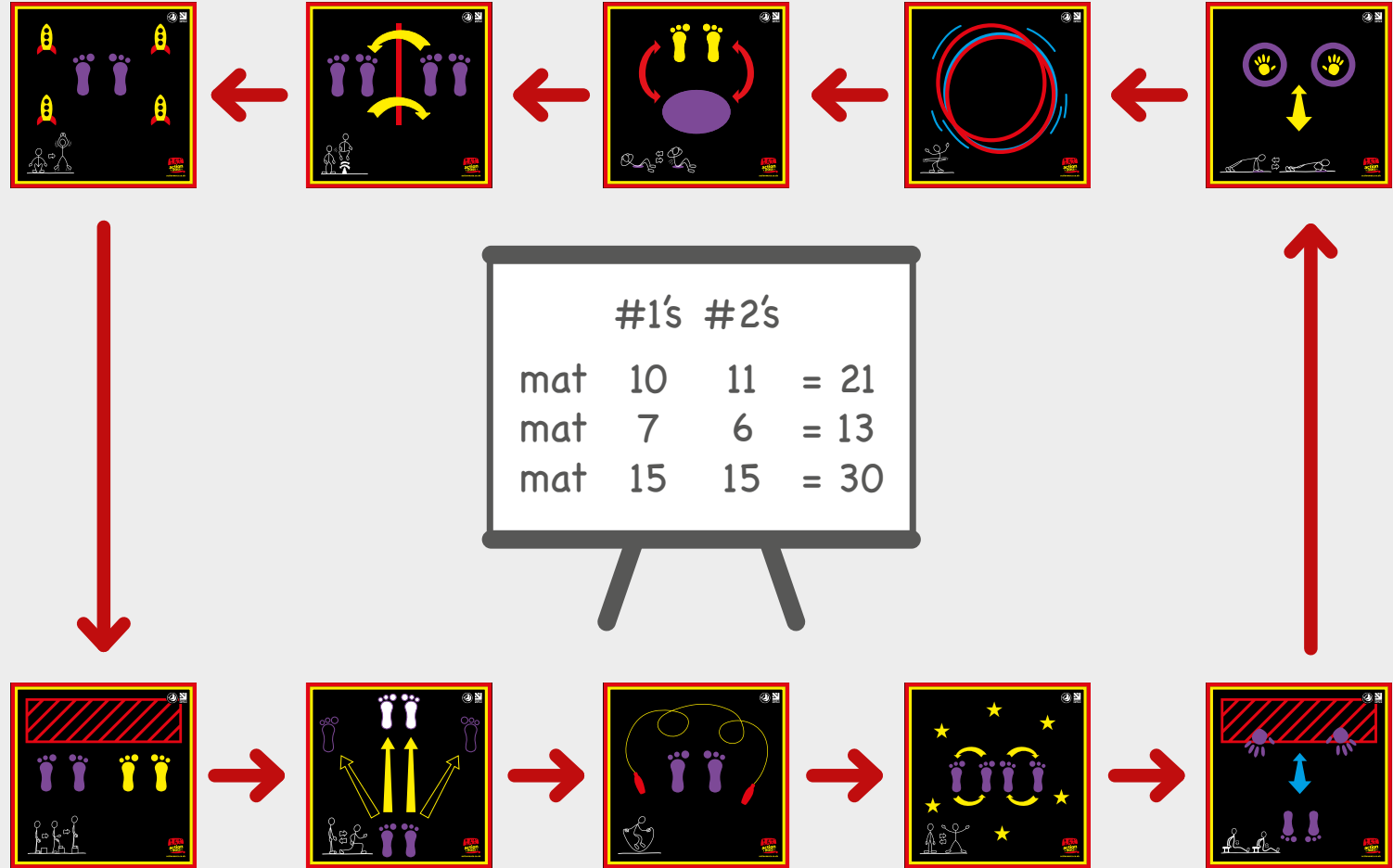
## Focus

Addition of one and two digit numbers

## 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 required.





## Warm Up

### The Animal game

Teacher calls out the name of an animal and pupils move around the area in the way that the animal would. So a snake would slide across the floor. An eagle would flap their wings. A tortoise would be on all fours and moving pretty slowly.



Children can come up with their own animals and the other children have to guess them – and / or copy them Children could work in pairs co-operating and working together - could be done as a “mirror” or “follow my leader”

## Main task

### The Action Mats buddy challenge

Pupils pair up and number themselves 1 or 2. Each pair goes to an Action Mat. Each pupil will perform on their relevant Action Mat for 15 seconds. The Number 1's perform first and Number 2's record on their whiteboards how many repetitions Number 1's did in the 15 seconds. Teachers confirm timing centrally. The pair then swap over and their roles are reversed. When both have completed they add their scores together and then move to the next mat in a clockwise manner and repeat the process. Timings are managed centrally by the teacher. Bonus points are added to the pair who encourages one another to do the most physical activity and the numeracy recording.



Could pair some of the more physically literate pupils with less physically literate. Could put some of the pupils that find maths challenging with the more advanced mathematicians in the group