

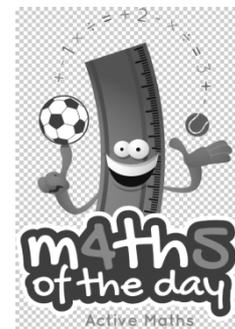
## Y2 Maths of the Day Activity Card 7.3

Name .....

Class ..... Date .....

**Activity Title**                      **Exercise Challenge!**

**Learning objective:** Solve problems using +/-/x/÷



<p><b>Things you will need</b> A space to exercise in A stopwatch (or someone to time you)</p>	<p><b>Helpful hints</b> Most mobile phones have stopwatch/timer features or apps. For the 'strides' activity, any route indoors or outdoors will be ok.</p>	
<p><b>Activity</b></p> <ol style="list-style-type: none"> <li>Complete these three challenges: count how many star jumps you can do in 30 seconds, have a rest; next, time or count how long you can hop on the spot for; and then finally count how many strides (<b>big</b> steps) it is from the end of sitting room to the back of the kitchen.</li> <li>Now you have three target numbers. Add them all together.</li> <li>Subtract the smallest number from each of the higher ones.</li> <li>Find as many ways of sharing each number as you can.</li> </ol>	<p><b>You can challenge yourself by....</b> .....finding as many ways of making each number as you can, using adding, subtracting, sharing and multiplying. So if you did 16 star jumps you could note that <math>2 \times 8 = 16</math>, <math>18 - 2 = 16</math>, <math>10 + 6 = 16</math>, <math>32 \div 2 = 16</math>, and so on.</p>	
<p><b>How your teacher will know if you've done this</b> Keep a record of all the maths you do.</p>		
<p><b>Weekly Health Fact</b> <b>Gimme five!</b> Fruits and vegetables are among the most important foods for giving us enough vitamins, minerals and fibre. We should all try to eat at least 5 servings a day. For example, if you have a glass of fruit juice at breakfast, perhaps an apple and banana as snacks and two vegetables at meal times, then you have already reached your total!</p>	<p><b>Survey Question</b> How many different kinds of fruit can you spot in the supermarket? What new one have you tried this week?</p>	<p><b>Daily Fitness Challenge</b> Try the star jumps for 60 seconds not 30, improve your hopping time, and stride from room to room or around your garden/yard as well.</p>

1 x ÷ = + 2 - x ÷ = 3 + - x ÷ 4 = + - x 5 ÷ = + - 6 x ÷ = + 7 - x ÷ = 8 + - x 9