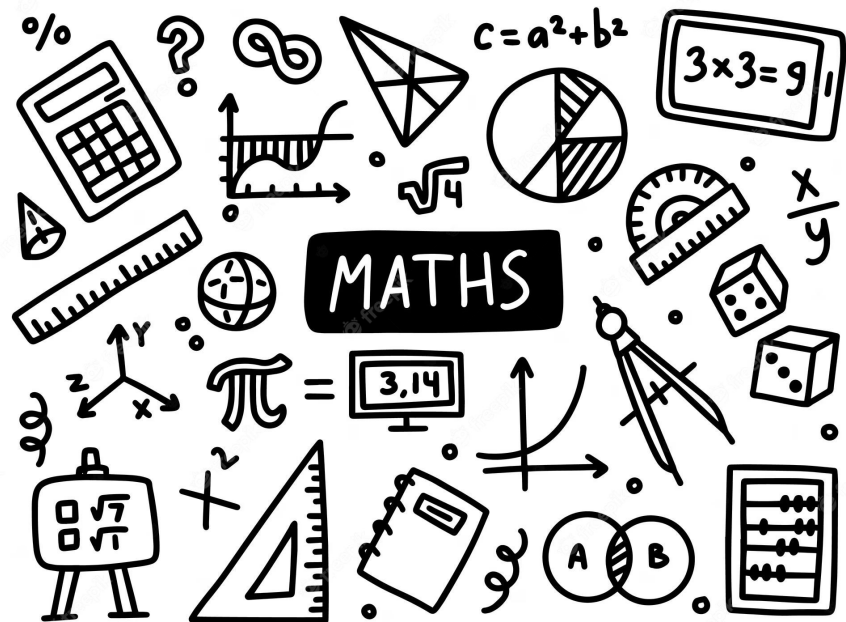
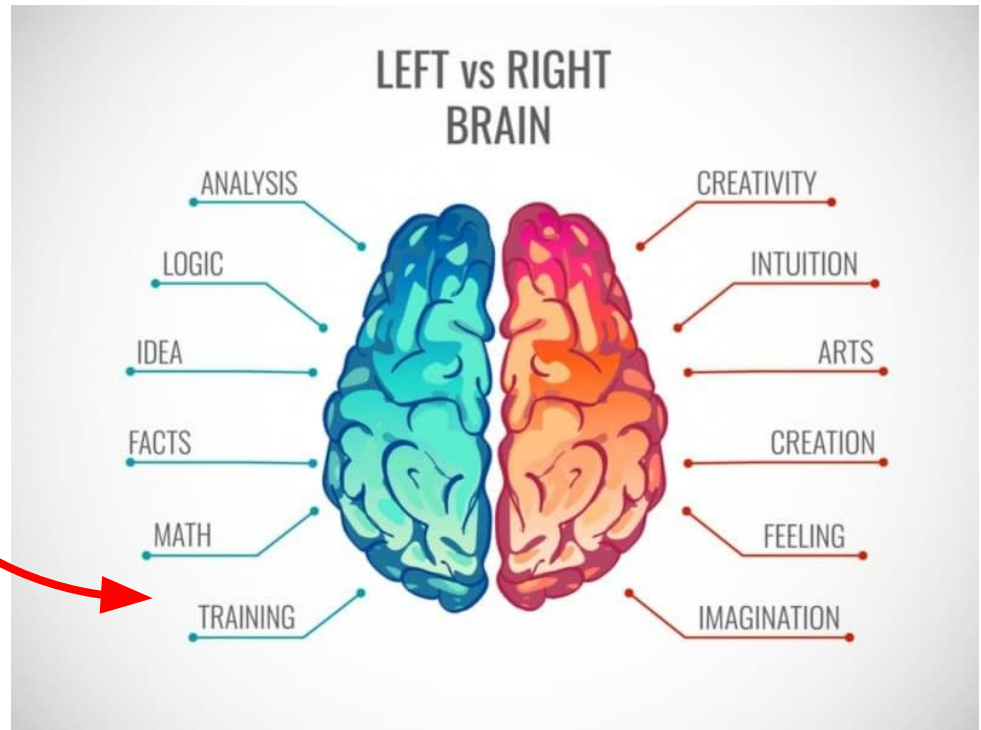
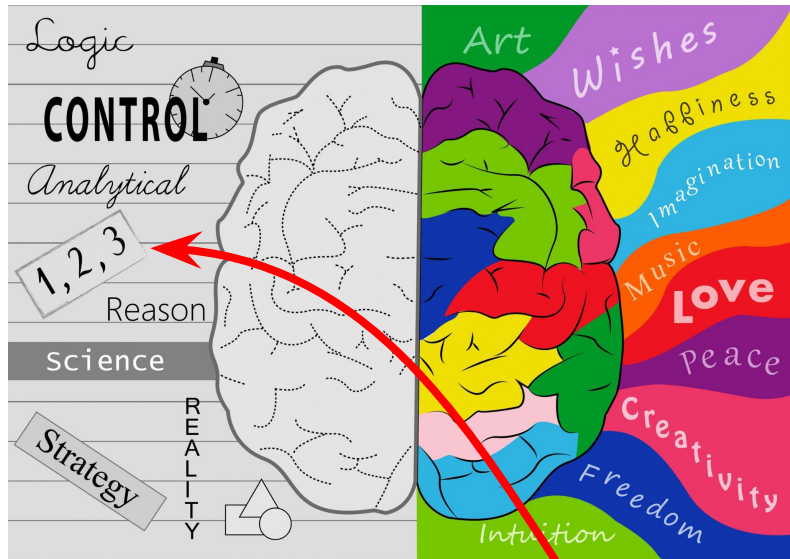


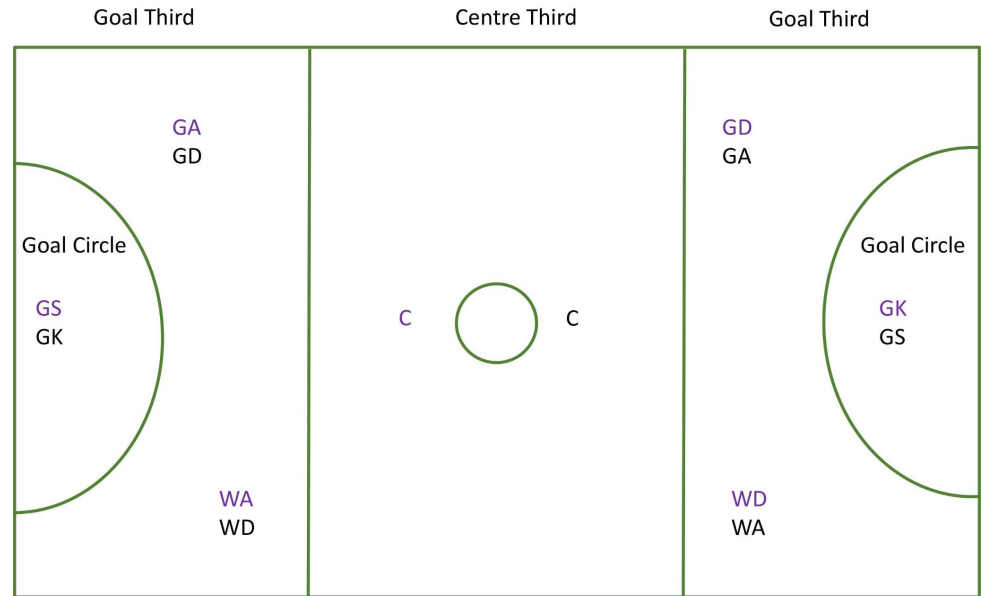
Get yourselves into
groups of 3, 4 or 5
and sit down



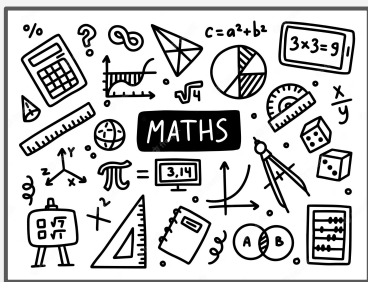




Maths in Netball



- Fractions ?
- Shape ?
- Time ?
- Number / counting?
- Distance ?



shape

measure

time

graphs

proportion

subtract

direction

weight/capacity

ordering

counting

divide

reasoning

Money £\$

position

multiply

fractions





Times tables

Percentages %





Problem solving

Add

Our Fitness Workout by

	Exercise 	Reps/Time 	Body part 	Maths chant 
1				
2				
3				
4				
5				
6				
Repeat exercises until time is up!				

Our Fitness Workout by

	Exercise 	Reps/Time 	Body part 	Maths chant 
1	Star jumps	30 secs	Whole body	3D Shapes
2				
3				
4				
5				
6				
Repeat exercises until time is up!				

Success Criteria

- ❑ 6 exercises
- ❑ Exercises must focus on a different body parts.
- ❑ Can be performed on grass.
- ❑ The order of the exercises have been thought through to allow body parts to rest.
- ❑ Accessible to everyone in your group
- ❑ Must be safe and fun!





Sit ups

Bear crawl

Toe
touches

Crawl outs

lunges

burpees

Wash the windows

Climb the
ladder

Press ups

Jabs, hooks &
uppercuts

Mountain
climbers

Squat
jumps

High
knees

plank

Skipping
on spot

Sprint

Leg raises

Bicycle kicks

Karate
kicks

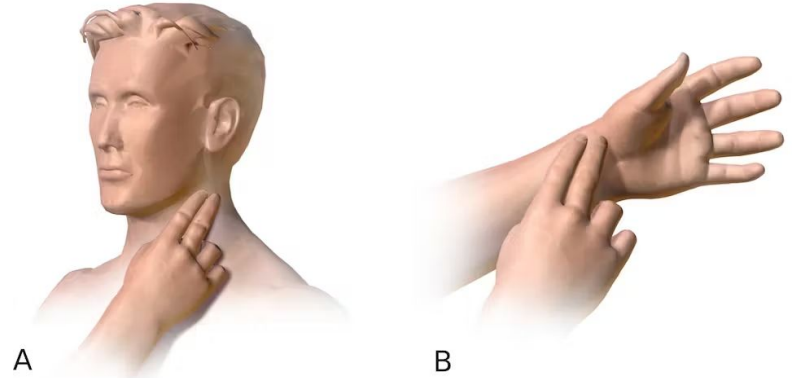
crunches

Equipment

- ❑ A chromebook - Timekeeper
- ❑ Exercise list
- ❑ Clipboard
- ❑ Pencil
- ❑ Calculator - calculating heart rates

How to measure heart rate by hand

- Take the pads/tips of your index (pointer) finger and middle finger.
- Press them gently against the side of your neck (just under your jawline) or your wrist.
- Count the number of beats you feel for 15 seconds.
- Multiply the number of beats by 4.
- That number is your heart rate.



Resting

After exercise

