

## 4.3 FITNESS TABLES

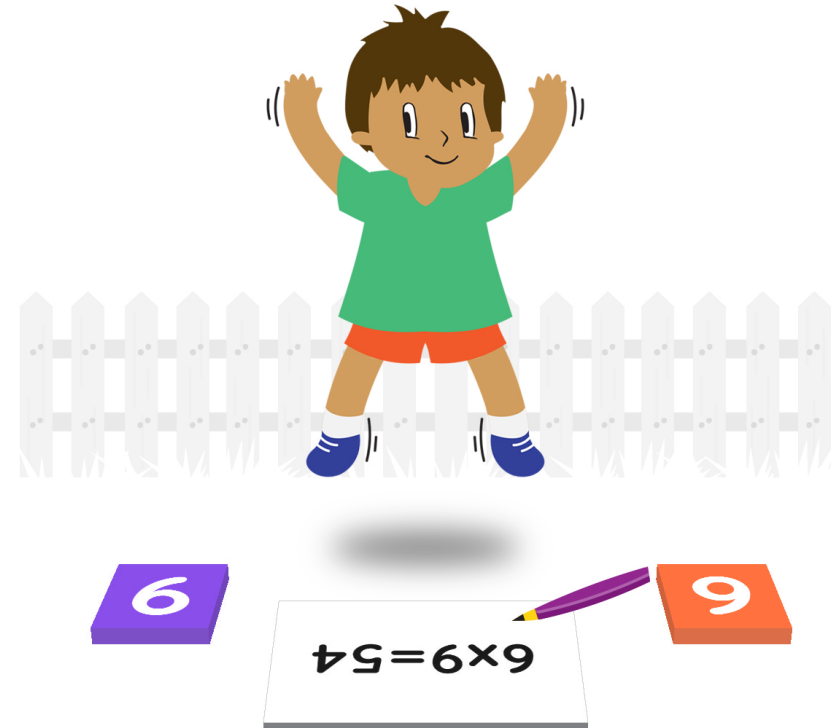
**Objective:** Recall multiplication facts up to 12 x 12.

### Instructions

1. Make two sets of 1-9 cards, placed separately, mixed up and face down. If your child isn't ready for their 6, 7 or 9 times tables, use 3, 4 and 8 instead
2. Pick a card at random from each group, which could be 6 and 9, for example. This is your multiplication question
3. Do 6 star jumps and 9 shuttle runs (or whatever numbers are on the cards)
4. Calculate and write down the number sentence for your multiplication question (e.g.  $6 \times 9 = 54$ )
5. Try again using new cards, and different exercises. Continue repeating the maths and physical activities for 25 minutes.

### Challenge

Ask someone to test your tables knowledge and speed of recall by picking two cards randomly for you several times.



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## Homework Guide Parents

### Dear Parents

Welcome to the Teach Active homework activities. Here you will find dozens of different activities for each year group, all designed to complement your child's learning in school, in a fun and active way.

Simply click on homework, select your child's year group, then the area of maths and a choice of activities will be there. You can download them as PDFs, print them, or view them on your tablet or device.

We have tried to allow for different settings and home environments. Most activities can take place indoors or outdoors. There is a minimal amount of equipment needed. This will either be things you will have at home, such as dice or a stopwatch on your phone, or cards and help sheets that can be printed off at school or home. Number cards could even be made at home. Generally, the bigger the space your child can use, the better – they'll be getting more exercise that way.

Each Homework Activity Card has a key learning objective, a fun title, what you need, detailed instructions, an extension (challenge) activity, what to record for the teacher, a healthy fact, survey question and exercise challenge. Plenty to get on with!

Your teacher may set particular activities for the class or your child regularly, or you may choose to select different activities for your child as the time and circumstances suit, maybe in the school holidays, for example.

### Happy Homeworking!



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