

4.7 UPSTAIRS, DOWNSTAIRS

Objective: Counting up and down in 1s and 2s.

Instructions

1. Walk upstairs, counting as you go up each step. Be careful! If you don't have stairs at home, make a 'ladder' on the floor with sticks or markers such as books or toys for the children to step across up to about 12 and back again
2. Count yourself back down again, starting at the top and the number you got to, back down to the floor and zero
3. Practice this three times.

Challenge

Count up and down the stairs in 2s. Be careful!





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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