

3.2 EXERCISE PROBLEMS

YEAR
5

Objective: Solve problems involving numbers up to three decimal places.

Instructions

1. Have some markers (books, toys etc) available, and a space to run to it safely. Alternatively, make a circuit. You need a stopwatch or timekeeper as well.
2. Run to and from the marker, or around your circuit, 10 times, timing it accurately to 2 decimal places. Note your time.
3. Have a rest and then do 20 jumping jacks, timing it accurately to 2 decimal places. Note this time as well.
4. After another short rest do 20 step-ups, timing it accurately to 2 decimal places. Note your time for this as well.
5. Add the two longest times together (as decimal numbers, not as times), and then subtract the shortest one from the total to give a final answer, recording your number sentence.
6. Repeat twice more. Challenge your friend to come up with a lower final total.

Challenge

Do the same activity but with different exercises, such as walking backwards to and from the marker, bench presses or skipping with a rope, for example. Choose three, 10 or 20 times, and then add the two longest times together before subtracting the shortest time.

