



Active Numbers

This is a fantastic way to help children with their numeracy. People learn in all sorts of ways. Some people find it easier to process and memorise information when they are moving in a space. For younger children, it's all about learning to recognise numbers. For older children, this makes learning times tables fun and effective.

Good for:

- Movement breaks (after long periods of sitting);
- Using as a warm up before a workout;
- Building spatial awareness;
- Learning times tables;
- Basic number skills (for younger children);
- Building confidence in maths;
- Having FUN!

You will need:

- Some scrap paper. (Cardboard or paper from deliveries or a cut up cereal packet will do just fine.)
- A pen or pencil.
- A bean bag or rolled up socks.

How it works:

Game 1: Run to the answer

Decide what the learning goal of the day is. Perhaps it is for the child to identify the numbers 1-20 or perhaps they need to learn the 3 times table. Write one 'answer' on each piece of scap paper. So, this might just be the digits 1, 2, 3, etc. or it might be the multiples of 3: 3, 6, 9, etc.

Spread them out around your space.

Ask your child the question, e.g. 'Can you find number 1?' or 'What is 3 x 3?' and ask them to run to the answer.

Game 2: Hit the answer

This is pretty much the same as Game 1, above. This time, however, instead of running, the child throws a bean bag and tries to make it land on the answer.

For more activities like this, head over to www.can-do-kids.co.uk

Health and safety

- All activities suggested in this resource should be supervised by an adult and are undertaken at the participants'/supervising adult's own risk.
- Make sure you check your area is clear of tripping hazards and sharp corners etc. before you start. Adapt the workout to make sure it is safe and suitable for the space you have. Always have water on hand so that you can all stay hydrated whilst you exercise.
- Make sure you warm up before starting. 5 minutes of moving all the joints and slowly elevating the heart rate will be fine. Your kids will more than likely have done warm ups and cool downs in PE at school so get them to lead this section if you like.