

4.1 RUNNING TABLES

Objective: Recall and use multiplication facts for the 3, 4 and 8 times tables.

Instructions

1. Set up a safe, short running course – a circuit, a shuttle run or a mazy run – whatever you have room for or fancy trying.
2. Make a set of 1-9 cards plus an extra 3, 4 and 8 cards, keeping the two sets separate.
3. Pick one card from each pile and multiply them together. You might have a 5 and an 8, for example, which is $5 \times 8 = 40$. Note down your multiplication sentence.
4. Run around your course for that many seconds.
5. Repeat the maths and running activity ten times, with different cards, or for 30 minutes in total.

Challenge

You might prefer to choose a different exercise activity, such as star jumps, and do that many jumps instead of running.

For a bigger fitness challenge you can complete that number of runs rather than that many seconds' worth of running!

