

Friday

Measures - Time

Warm up

- Practise counting forwards and backwards from different numbers (you could jump along a numberline)
- Find a clock and practise finding different times e.g. 1 o'clock.
- Practise telling the time using <https://www.topmarks.co.uk/Flash.aspx?f=matchingpairstimev3>



Activities

Today is active Maths Friday! Now we have practised telling the time using a clock, we are going to measure how fast we can do things (using a stopwatch on a phone or watch). Explain that we can measure time in seconds, minutes, hours, days etc. How long is a second? Do you think it is a long time? Practise counting to 10 with one second breaks. Now explain that there are 60 seconds in one minute. Explain that they should close their eyes and when you say go the timer will start. They should raise their hand when they think a minute has passed. Can you watch the timer count back from 60 seconds?

Now it's time for the one minute challenges!

Record your score for each one. You could make this a competition with different members of the family! Remember to choose someone to be the time keeper and say 'go' and 'stop' when 60 seconds is over.

1. How many times can you stand up and sit down?
2. How many times can you hop on one foot?
3. How many rolled up pairs of socks can you throw in a bucket?
4. How many times can you write the number 3?

Celebrate your success and give yourself a pat on the back for a super challenge!

