

How fast can we run?

Challenge children to time themselves running a particular distance or a circuit. Model and show children how to do this by:

Estimating the length of time it will take before checking the actual time

- ⇒ Singing a song
- ⇒ Counting numbers
- ⇒ Using a sand timer
- ⇒ Using a digital device
- ⇒ Using an analogue clock and following the hands showing the seconds
- ⇒ Using an analogue stopwatch

Does running down a hill affect the speed at which we run? How can we find out?

How far can you run (in 10seconds) and how do you know?

Estimate and check using a range of non-standard and standard tools. For example:

- ⇒ Long tape measure
- ⇒ Piece of rope
- ⇒ Blocks
- ⇒ Hands and feet

Wonder aloud how long it might take to get to a key feature in the school. Encourage estimates and test!



Run, Run as fast as you can!

Maths Ideas

Creating a running track

What do we need to make a track? Write a list.

How long is our track and how do we know?

Draw a map of your track so you can remember what it looks like.

Races

What races can we invent?

- ⇒ Obstacle course
- ⇒ Bean bag /small towel on the head
- ⇒ Bunny hops
- ⇒ Egg and spoon

Who came first, second and so on? How can we record this?

How many children can run at once? Create a list of rules.

Where do we race to? Create a map to go next to the race rules.

Collecting Games

What is the fastest time in which we can pick up objects and sort them?

Can we record our collection?

Making a path

See NRICH: <https://nrich.maths.org/content/id/8858/paths%202019.pdf>