

4.1 TABLES RUN

Objective: Recall multiplication facts up to 12×12 .

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
3. Pick two cards and multiply them together, such as $7 \times 6 = 42$. 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!

