



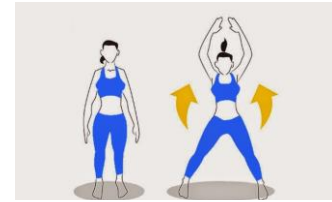
# *Daily Maths Counting Workout.*

## *Keeping Fit and Number Quick*

### *Year One*



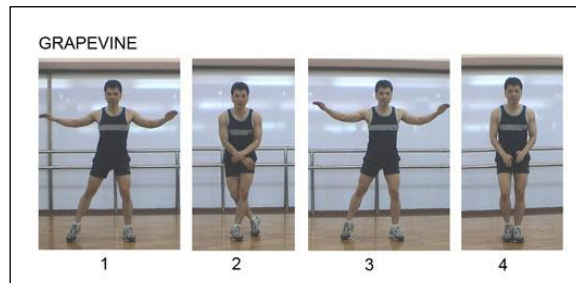
1. Star jumps counting up in 10s to 120 (200) and back from 120.



2. Cross crawl counting up in 5s to 100 (150) and back from 100



3. P.E. warm up step side-wards right, bring feet together right, step side-wards left, bring feet together left, whilst moving arms up, down, in-front, out to the sides. COUNT in 2s evens from 2 to 100.
4. P.E. warm up stepping right - step (legs apart), cross legs (behind or in-front), step (legs apart), legs together with a jump and a clap! THEN repeat stepping left. COUNT in 2s odds from 1 to 21.



5. P.E. warm up step side-wards right, bring feet together right, step side-wards left and bring feet together left whilst circling arms backwards alternately (pretend to swim back crawl). COUNT up and down in 2s or 5s to 30 or to 50.
6. P.E. warm up as 5 but circling arms alternately forwards (pretend to swim front crawl). COUNT in 4s from 4 to 28.

Alternatively, you could also step up, step down right leg, left leg on your bottom stair step whilst counting.

Keep Fit and Keep Number Quick!