

Instructions

1. Print out the resource cards (or alternatively make some similar question cards of your own)
2. Spread the cards out all around your activity area, face down
3. Run and collect one card and bring it back to your starting point. If your activity area is quite small, or indoors, travel on all fours across to a card and back
4. Solve the problem on the card. Whatever the answer is, do a physical exercise that many times, such as bouncing a ball or star jumps
5. Continue until all the cards have been collected and problems solved.

Challenge

With a partner: who is quickest to run, collect and solve 10 questions and do 10 answers-worth of star jumps? If you are on your own, time yourself doing 10 questions and activities, then see if you can beat your time with the next 10.

