

Get Active with Maths

Try these exercises three times a week. Record your progress over a period of four weeks. What improvements can you see? Note how you feel at the beginning of the four weeks versus the end.

How long can you balance?

Session	Date	Length of Time
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		



Lift one leg in front of you, keeping it at a 45-degree angle from your other leg. **How do you need to adjust** your arms to remain steady?

Try with your leg to the side, then to the back. Are you **more** steady in one position, or are you **equally** balanced in all three positions?

How high can you jump?

Session	Date	Height
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		



With a piece of chalk in your hand, reach up and jump **as high as you can**, marking the wall.

Estimate the height, then **measure** to check it.

Can you **increase** the height of the mark over four weeks?

How many can you do?

Session	Date	Number of Repetitions
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		



Stand with your legs **hip-width** apart, squat down, then jump up with arms and legs stretched to make a **star shape**.

How many can you do before you get too tired?

Does this **increase** over the next few weeks?