

PE and Maths Challenge

This PE and Maths challenge card has been created to help keep your mind and body active.

Enjoy!

Why is the number six so scared?
Because seven eight nine!



The aim of the challenge is to:

- Calculate (by using division) the number of laps required
- Complete sprint shuttle runs to the size of a sports pitch

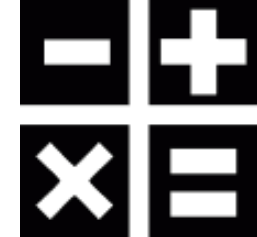
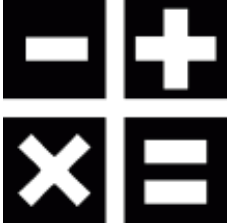
The rules are:

- Create and measure a shuttle run course (measure in metres: 1 big step = approximately 1 metre). This could be in your garden or the park for example.
- Work out the number of laps you need to run (venue size \div size of your course)
- Record your answer on the sheet (or your own version)
- Run the laps (timing how long it takes you)
- Submit your work on Microsoft Teams for your teacher to see



EXAMPLE: My garden is about 10m long (10 big steps). So if I run the length of my garden 8 times, I will have covered the length of a football pitch – because a football pitch is roughly 80m (see next page).

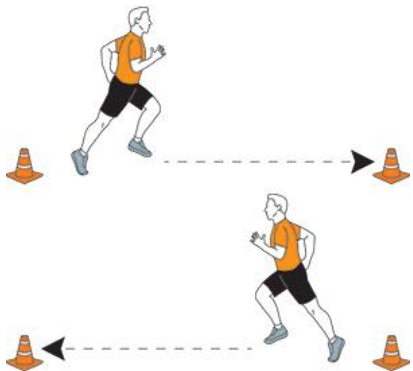
- Extensions:**
1. Change your course to change the sum
 2. Investigate and add in your own choice of venues
 3. Record how long it takes to run each pitch- Try to better it (Improve speed)



Challenge - PE and Maths

Run the Venues


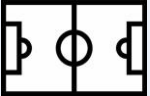

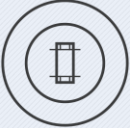
Set up your course



**Measure your course
(Approximately in Metres)
1 big step = 1 metre**

Work out the number of laps to run the venue

- Venue size ÷ size of course
- Run the laps!

Famous Venue	Size of Venue (Approximately)	(÷ by) Your course size	(=) Number of laps to run	Time it took you to run the course
Wimbledon Court (Tennis) 	24 Metres			
Wembley Pitch (Football) 	80 Metres			
Twickenham Pitch (Rugby) 	100 Metres			
Lord's Pitch (Cricket) 	140 Metres			