

# A MATHS 'N' MOVEMENT ACTIVITY

Use the enlarged sensible and silly cards below to simultaneously teach children how to differentiate between sensible and silly suggestions and the fundamental movement skills.

## YOU WILL NEED

The cards below enlarged and printed onto cardboard.

## ACTIVITY

- 1 Place the red and green 'Do' and 'Don't' cards either on the ground or stuck to a wall at least 5 metres apart.
- 2 As students are shown the cards they must choose whether this is something they would or would not do if they stay safe during a storm.
- 3 Students must then demonstrate their response by using the given fundamental movement skills such as hopping, skipping or jumping to their chosen card - Do or Don't.

Practises and refines fundamental movement skills in a variety of movement sequences and situations



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Washing hands  
before eating



Yell in the  
library



Draw on the walls  
with crayons



Eat fruit and  
vegetables to  
stay healthy



Put away your  
toys after playing



Skip brushing  
your teeth for  
a week

SENSIBLE

SILLY