

Healthy counting



Family Maths
Toolkit

Health experts say that walking 10,000 steps a day can be a fun way of increasing the amount of physical exercise you do. It can build stamina, burn excess calories and give you a healthier heart.



10,000 steps is about 5 miles (2000 steps are roughly 1 mile).

Think about how far you walk in a day and estimate some activities you do. Here are some ideas:

- Walking to school
- Walking around school
- Walking upstairs
- Walking the dog
- Playing sport

Can you estimate how many steps you might take on an average day? Can you think of ways you could increase this?

Do any of your family think they walk 10,000 steps a day?



Helpful hints: Count steps over a short distance and estimate.

Family comments:

Child comments:



Curriculum Link

Read, write, order and compare numbers up to 1,000,000; solve number problems and practical problems that involve large numbers.

Countdown style game



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Here are cards with the digits 1-9 on them plus an extra card with a decimal point. Cut them out, shuffle them and place face down.

1	2
3	4
5	6
7	8
9	0
.	

1	2
3	4
5	6
7	8
9	0
.	

Take it in turns to take one card until each player has 4 cards. In a minute, try to make the largest number you can using all your cards. The player with the largest number wins.

If more than two people are playing, make a double set of cards. The game can be changed to making the smallest number possible.

You could use two sets of cards and each take 6 cards to make larger numbers or a more challenging game.

Helpful hints: Talk about the value of each digit especially with any close examples, read out the numbers that are formed.



Family comments:

Child comments:



Curriculum Link

Read, order and compare numbers to at least 1,000,000 and determine the value of each digit.