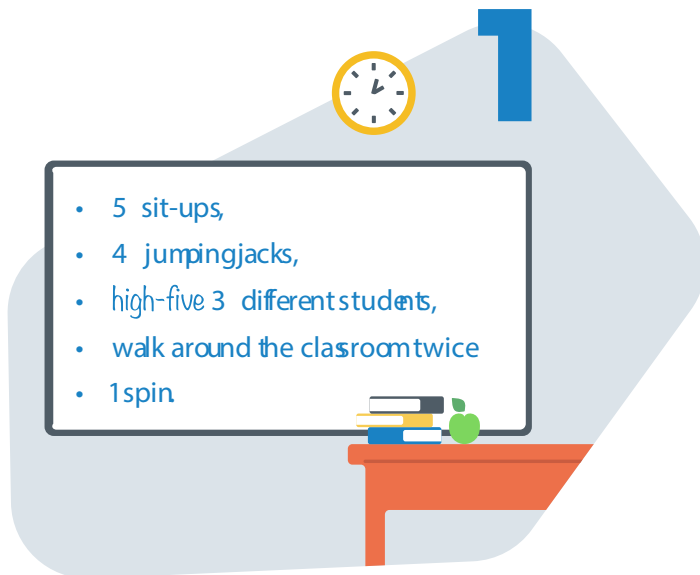


5

Fabulous Mathematics Brain Breaks

Mathletics



5,4,3,2,1

How to play

Choose 5 different movements for your class to do. Call out all 5 movements to the class and ask them to do all in descending order until the entire class is puffed out

Add a challenge:

For older students, you might like to ask them to use solutions to a set of math(s) sums to identify how many of each movement they are required to complete.

E.g. $5x + 1 =$ the number of jumping jacks to complete

Six spots

How to play

Mark out six spots around the classroom with numbers 1 through to 6. Get students to pick a number and move to the respective number spot in the classroom. Roll a die. The students that are standing on the number spot that matches the die are out. Continue playing until one student is standing.

Add a challenge:

For older students, you can use larger numbers, and more than one die. Instead of calling out the number on the die, you can create a math(s) problem for the class to solve and work out the losing number.

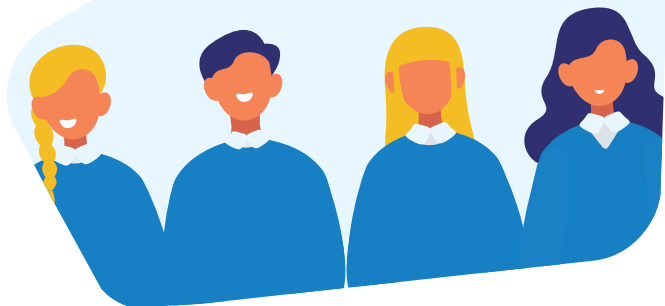


5

Fabulous Mathematics Brain Breaks

Mathletics

3



Line up

How to play

Students line up in a straight-line side-by-side. Ask them to get in order using a specific instruction. You could ask them to line up according to their age (using days and months of the year), their height, the length of their hair, the number of siblings, or pets they have. The possibilities are endless!

Jump skip counting

How to play

Task students with counting by twos, fives, or tens as they jump with a skipping rope. Students jump at the same time they call out the next number in the sequence. If skipping ropes are not accessible, students can do the same thing whilst jumping on the spot.

Add a challenge:

For older students, you can ask them to recall multiplication and division facts. E.g. $5x + 1 =$ the number of jumping jacks to complete



Beat them to it

How to play

Split students into groups (this could be ability groups or random groups). Taking turns each group will stand up and call out the answer to a question you have given them. The first person to answer correctly gets to pick someone on their team to sit down. Continue until there is one person left in each group. Bring the winners together to form a final group and repeat the activity until there is only one winner.