

6.2 FRACTION QUEST(IONS)

Objective: Solve problems requiring percentage and decimal equivalents.

Instructions

1. Set up an exercise circuit with four different exercise activity stations, such as star jumps, bunny hops, push ups, steps ups etc
2. First rest by sitting down for 3 minutes, then take your pulse for 1 minute. Do this maths using your resting pulse rate as your number on the worksheet, do the exercise circuit, spending 45 seconds at each station. Immediately take your pulse again for 1 minute
3. Do the maths again with this pulse rate as your number
4. Rest for 1 minute and then do the maths one final time with this number.

Challenge

Try using 0-9 digit cards to create a large 3-digit number for your fraction questions.

