

**PATTERNS AND SEQUENCES**

**1** Challenge one

Mr Seagull has created a workout routine. What exercise comes next in each sequence?

**1** hop    squat    hop    squat    hop    squat   

**2** sit up    sit up    sit up    squat    sit up    sit up    sit up   

**3** press up    press up    stretch    stretch    stretch    press up    press up    stretch   



**2** Challenge two

Create your own exercise routine using a sequence.

You can then be a personal trainer and get your whole family working out.

There are boxes to help you with the first routine. You can make as many as you like on a separate piece of paper.

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**3** Challenge three

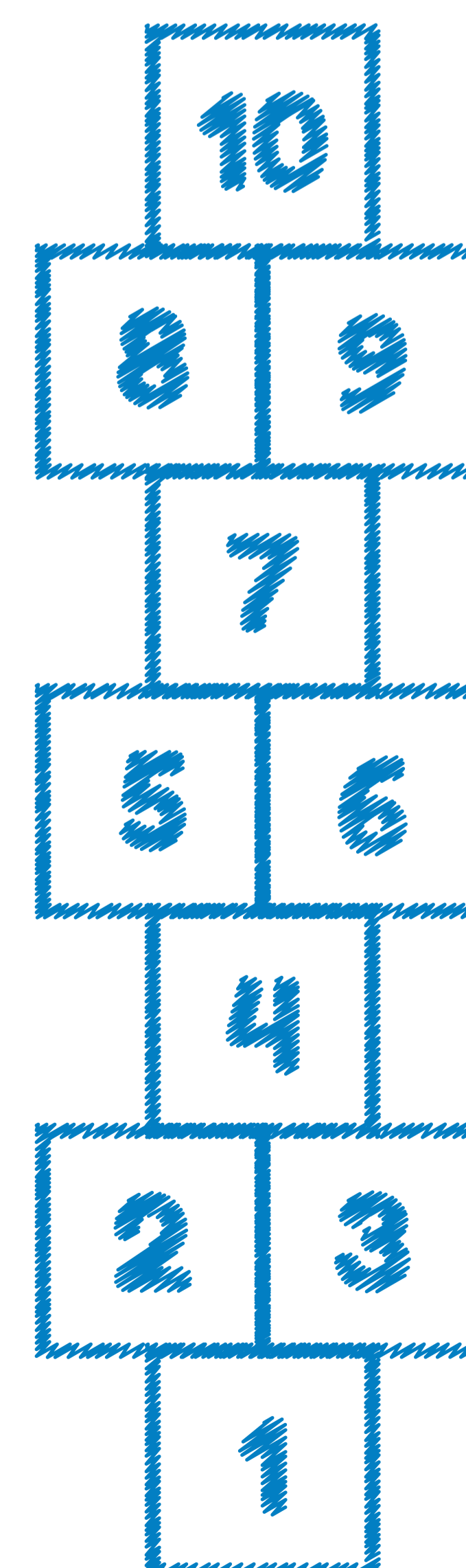
Make sequences using a hopscotch.

With hopscotch you hop on single squares and jump on double squares.

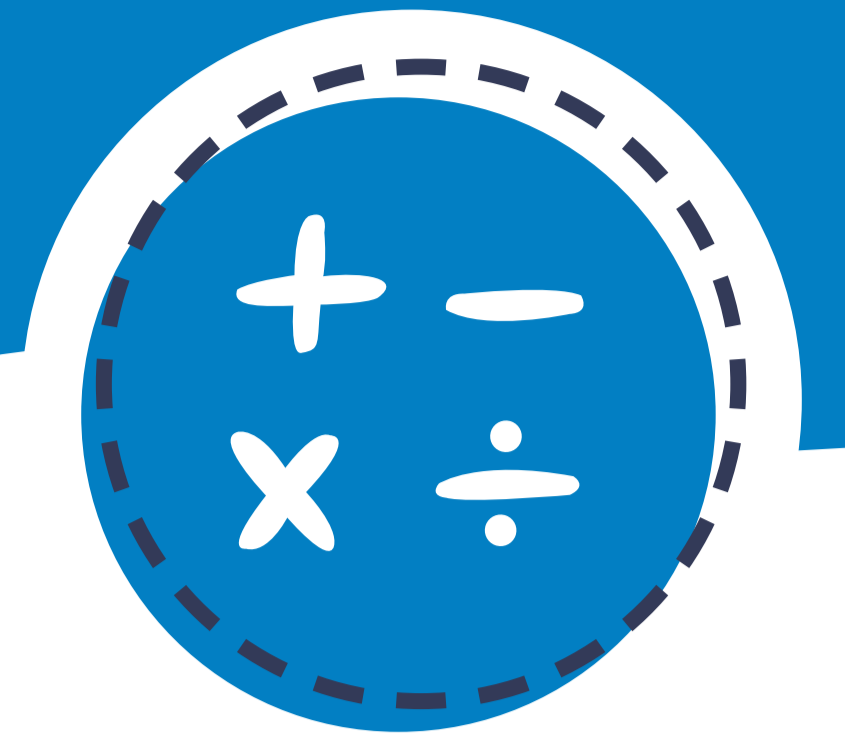
**1** What is the increase between each number?

**2** What is the increase between each number you would hop on?

**3** Start behind number 1.  
Hop, jump, hop. What is the next number?







## PATTERNS AND SEQUENCES

Continue with a jump, hop, jump. What is the next number?

What is your sequence increasing in?



4

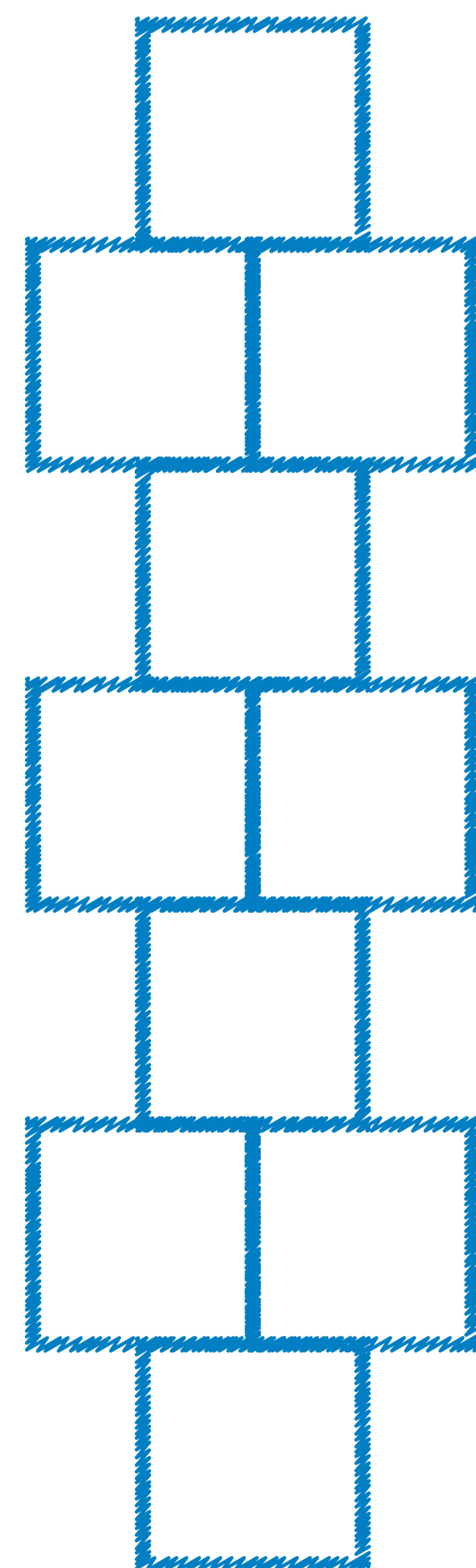
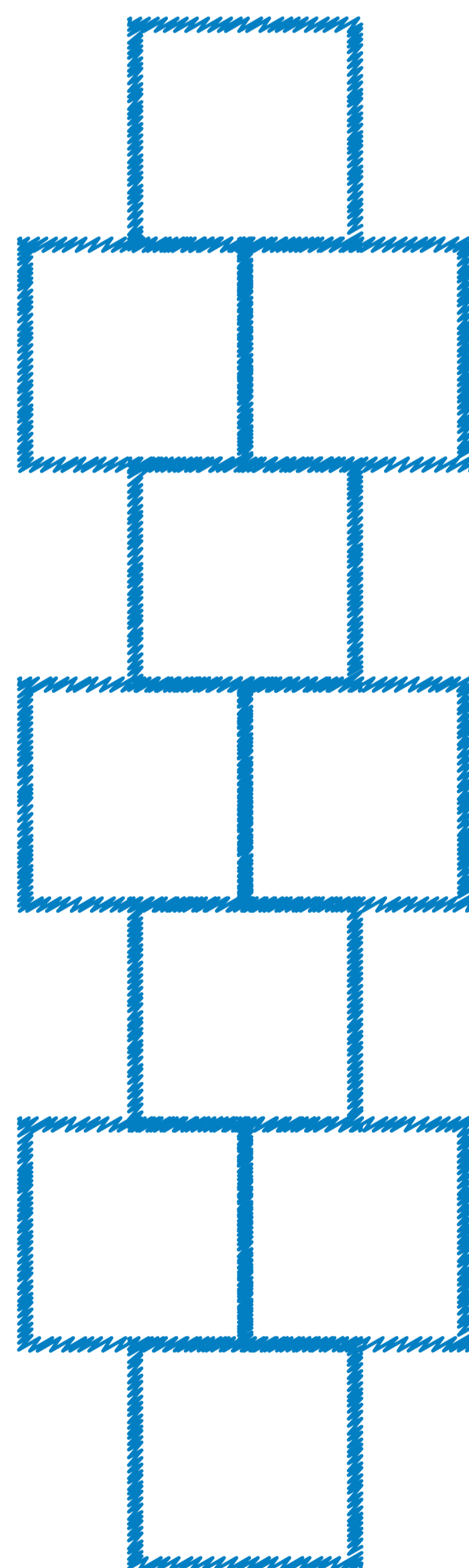
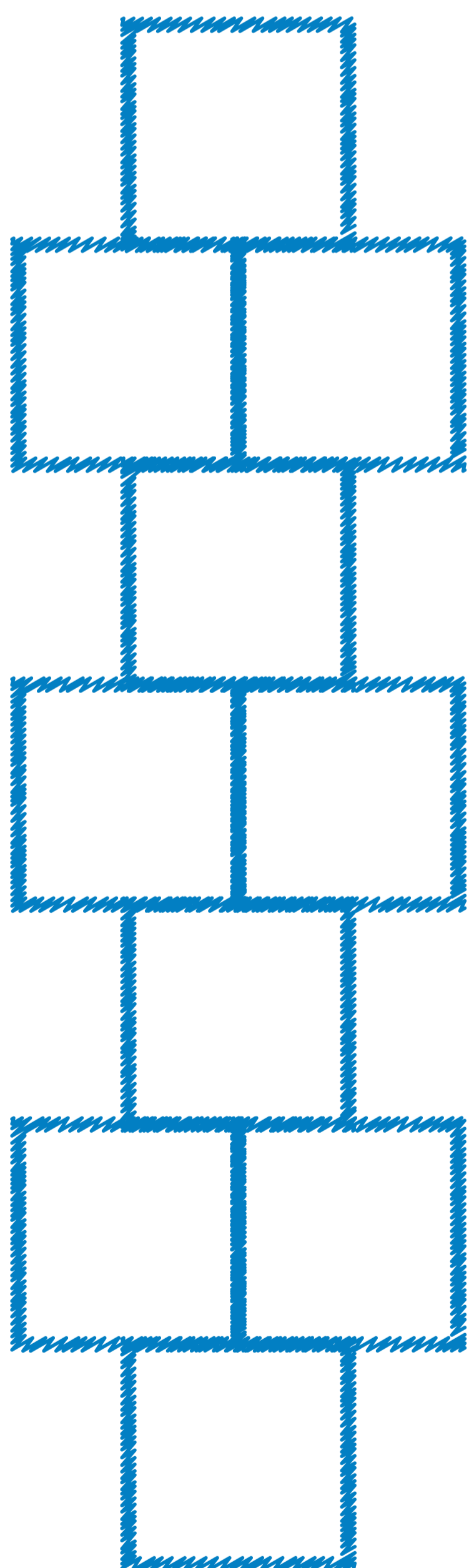
### Challenge four

Create your own hopscotch.

Look at what happens when you change the numbers in the squares. Instead of moving up in ones change to 2s, 5s, 10s or a choice of your own.

What sequences can you make?

Create your designs here or grab some chalk to make your own to play on.



Record your number sequences here.


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