

Home workout generator

Curriculum links

Maths level 4

- Recall multiplication facts up to 10×10 and related division facts (VCMNA155).

HAPE level 5 and 6

- Plan and practise strategies to promote health, safety and wellbeing (VCHPEP108).
- Design and perform a variety of movement sequences (VCHPEM116).

Learning intention and success criteria

Learning intention

To be able to create your own home workout using mathematical skills.

Success criteria

- ✓ Use multiplication and addition skills to select exercise and song.

Instructions to teachers

This activity has been developed to help students develop healthy work habits while learning in an online environment. It is designed to be used in lessons to break up tasks that require 30 minutes or more of screen time.

The worksheet that students complete is a word document that has been designed using the developer function. This means that students can save the document to their device and are able to modify certain sections to record their answers. It is highly recommended that you attempt the task yourself before distributing to familiarise yourself with the activity.

Instructions for students

1. Download the activity, save to your device and then select view and select edit document.
2. Complete the activity and resave to your device.
3. Redo the activity every 30 minutes of screen time.

Background evidence

[Vic Health research](#)