

# Patterns & Sequences

Year 3 / P4

## Activity 1

We've 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 \_\_\_\_\_

## Activity 2

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.

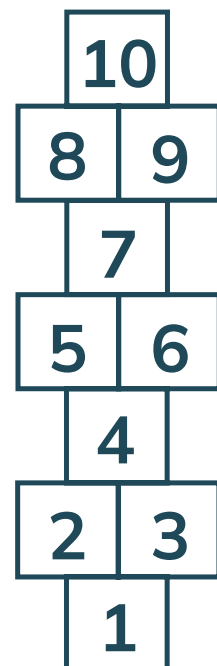
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## Activity 3

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?
- 4 Continue with a jump, hop, jump. What is the next number?
- 5 What is your sequence increasing in?



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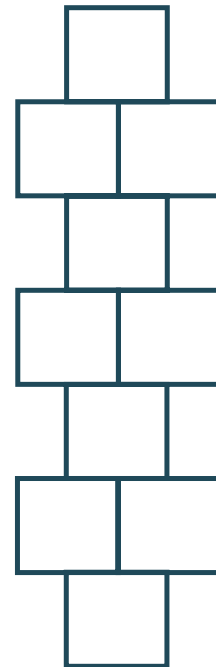
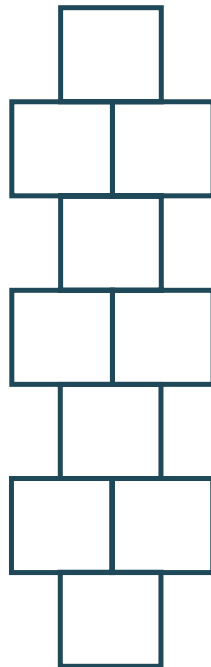
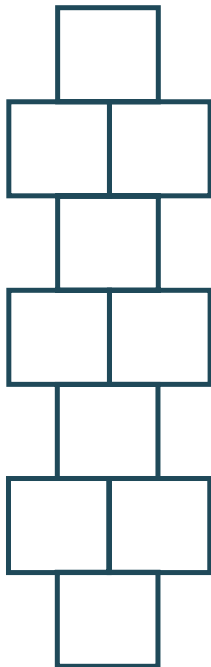
## Activity 4

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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