

Name of exercise	Making movement numbers
Description of exercise	<p>Begin working in pairs</p> <p>A target number is given (number 9 for instance) and the pair have to estimate how to achieve the target number (e.g. $4 + 5 = 9$)</p> <p>The pair then demonstrate the solution they have selected with movements (e.g. 4 jumps and 5 steps)</p> <p>The pair then find a different solution and demonstrate this.</p>
Key themes that this exercise can support	Balance, coordination and postural control
Emphasised at	First and Second Levels
Appropriate for	First – Third Level

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