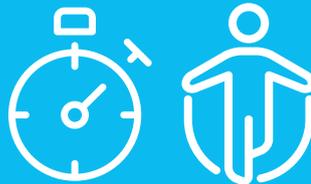


Fast skipping

Number
Confidence
Week
2-6 November 2020



How many skips do you think you can complete in **15 seconds?**



Write down your estimate.

Ask your family how many they estimate they could complete. Write these down.

Find a timer or watch and time each person – how close were your estimates?

What was the mean (average) of the estimates?

What was the mean of the actual number of skips?

How could you record this?
What have you found out?

Do you think you could do four times this many in a minute? Would you slow down as you get tired?

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Number Confidence Week
nationalnumeracy.org.uk

Fast skipping



Boost your number confidence while skipping:

It's practice that helps us to get better at things. In this activity you've practised your estimation and averages – even though you've been having fun skipping.

Try our skipping challenge to practise your growth mindset:

When we take on challenges, the way we think about it helps us learn new things.

In this challenge all you have to do is skip for one minute and count how many skips you manage to do.

The challenge is to then improve the number by five skips when you try again.

You can try as many times as you like to complete the challenge.

Approach the task by:

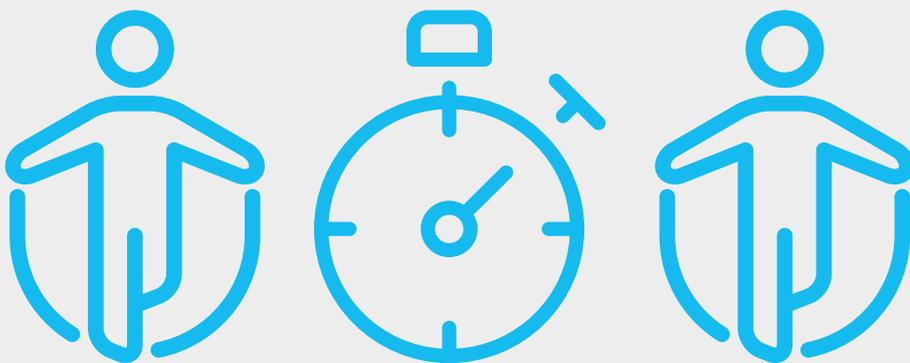
- Believing that you can get better, even when it's hard
- Not expecting to be perfect the first time
- Knowing that you will not give up easily

Talk about how you can apply this mindset to maths as well. When you have maths problems, do you believe that if you keep trying you will get the answer? Do you realise that if you're not right the first time, that doesn't mean you can't find the answer eventually? Do you keep going when it's hard or when you get it wrong? Having this approach can help you get more confident when working with numbers.

For adults

One of the best ways you can support your children's learning is to make sure you are confident with your numbers. Why not [click here to try the National Numeracy Challenge](#).

It's really helpful for us to get feedback on our work so that we can make sure we are helping people in the best way. You can tell us how Number Confidence Week helped you by [clicking here to complete this short survey](#).



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