

# Buddy Up



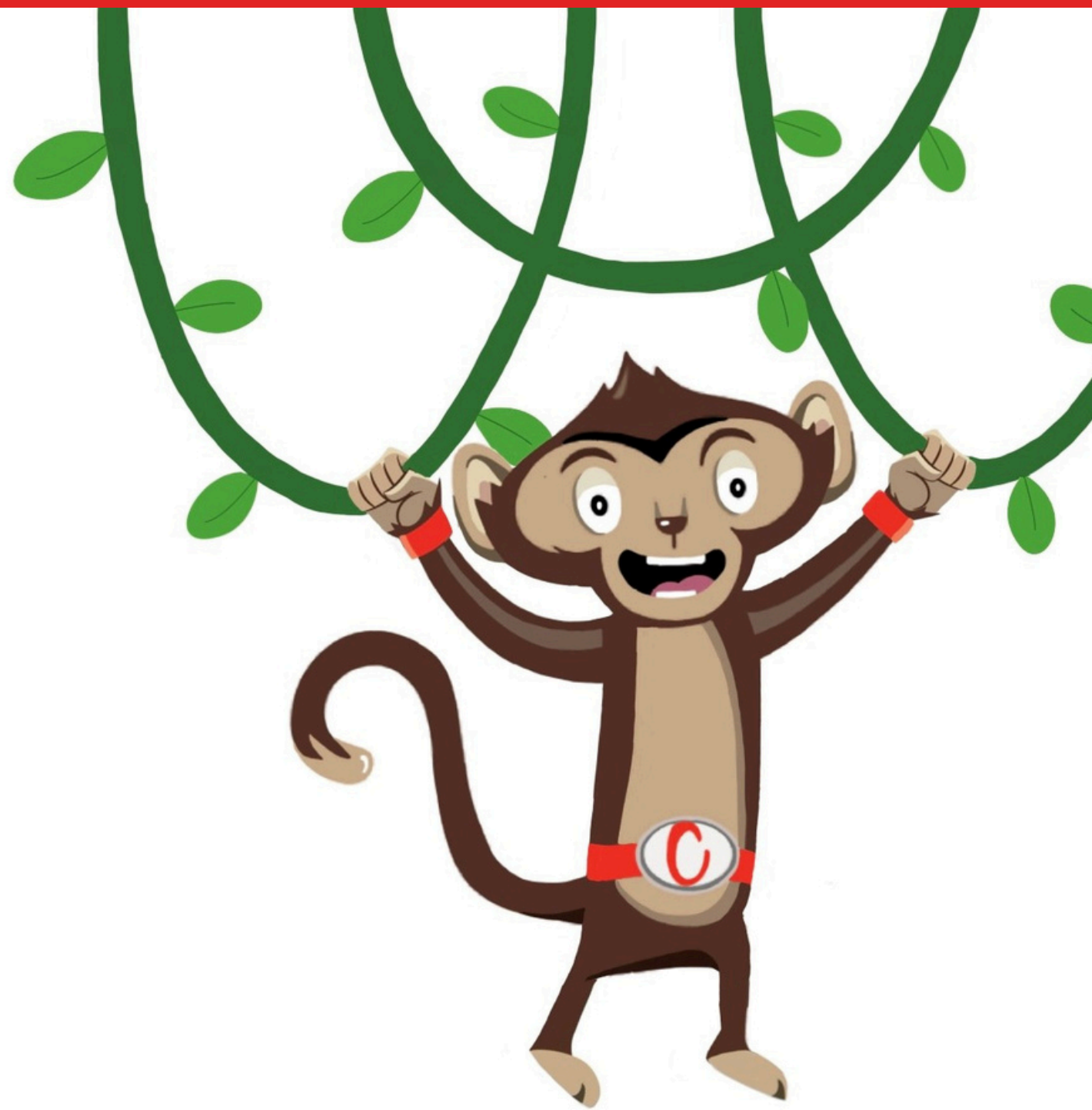
**Cardio Booster**



**5 minutes**



**Space required**



## Instructions

This activity requires space, such as the playground, grass area or hall. Ask the pupils to walk around whilst spread out. Call out a number and the pupils must assemble into that number.

## Health & Safety

- Ensure floors are clear of trip hazards before taking part in any activity
- Remind pupils of their own spatial awareness
- Give clear instructions.

## Teacher Tips

KS1 and KS2 call out sums for pupils to calculate before assembling into the answer.

Can time the pupils to make it competitive, giving them 15 seconds to assemble, once out remain standing at the side until winners are chosen.



Chest  
Heart &  
Stroke