

## Putting the E back into PE – Video 1

### Learning to tell the time through physical activity

**General description:**

Physically telling the time: clock game.

**Purpose:**

To be physically active while learning how to tell the time using an analogue clock.

**Explanation:**

- To tell the time the little hand of the clock tells you the hour and the big hand tells you the minutes.
- If the minute hand is on the 12 it is on the hour.
- Your child will be the hands of the clock. The child stands in the centre of the clock face.
- Adult stands at the outside calling the numbers: hour then minutes.
- Your child will run to the numbers, the hour number first then back to the middle, then to the minutes number, then returns to the middle and then tells you the time.

Example: If the hour hand is on the 6 and the minute hand is on 12, what is the time?

6 o'clock.

If the big hand is past the 12 it tells you how many minutes has past the hour using skip counting in 5's.

Example: If the hour hand is on the 4 and the minute hand is on the 2, what is the time?

10 minutes past 4.

**Set up:**

Use household items to recreate a clock face in your yard, using obvious articles for key numbers 12, 3, 6 & 9. Our example uses chairs for the four key numbers, and milk bottles for the interim numbers.

**Challenge:**

Can you beat your time? See how long it takes to run and tell the time the first time, then see if you can do it faster.

**Variation:**

Your child can run to the number catch a ball and pass it back.

(Note: You can use a variety of balls / objects to throw and catch in this activity or kick.)

If the hour is on 11 and minutes on 1 what is the time?

5 minutes past 11



### Notes for parents and teachers:

This activity is aimed at junior to middle school students and those students at all ages that struggle with telling the time. It can also be used as a brain gym exercise to encourage quick thinking in older students, who can be challenged further by having to convert the answer from an analogue clock and verbally tell the equivalent for a 24-hour clock.

This activity combines the curriculum areas of PE and mathematics.

PE includes:

- decision making
- agility
- shuttle runs passing and catching a basketball
  - *Having hands in a w position ready to receive a ball, thumbs together and fingers spread out*
  - *To increase power and distance, step forward towards your target and extend your arms as you pass*
- passing and catching a rugby ball
  - *Position your hands to receive the ball*
- passing and trapping a soccer ball
  - *Stopping and controlling the ball, use the inside of the foot rather than your toes*
- passing and receiving a Frisbee
  - *For more accuracy when throwing a Frisbee have your thumb on top of the Frisbee*

Mathematics includes:

- number recognition 1 to 12
- familiarisation with a clock face
- how to read the time
- skip counting in 5s