

Week 2 Maths: Exercise related problems

1. James walks his dog for 25 minutes every day. How many minutes of exercise has the dog done in one week? Ext: convert to hours and minutes.
2. Enrikas follows a Joe Wicks workout for 5 minutes Monday – Friday. He also runs round the block for 30 minutes on Wednesday and Saturday. How much exercise does he do in one week? In one month?
3. Joe Wicks receives £5200 per workout. How much money does he get each month? Ext: He gives 25% of the money to charity. How much is left for Joe?
4. In week one off school, Jayden T takes 10 minutes to complete his daily workout. In week two, it takes him 7 minutes 2 seconds, in week three 7 minutes 23 seconds and in Week 4, 5 minutes 55 seconds. How much quicker does his exercise get between weeks one and four? What is his (mean) average speed? Suggest some reasons for the dip in week three.
5. Malichi gets extra exercise by doing his elderly neighbour's shopping every day. It takes him ten minutes on Monday, 13 minutes on Tuesday and Thursday, twelve minutes on Friday, twenty minutes on Saturday and thirty-three minutes on Sunday. Which day did he run there? Which day had the longest queue? Ext: If he burns 10.5 calories a minute, how many calories did he burn in the week?
6. Angel does 10 minutes Joe Wicks before breakfast, 13 minutes of skipping between breakfast and lunch and 15 minutes of table tennis after dinner. How much exercise does she do each day? Ext: If Joe Wicks and skipping burn 20 calories a minute but table tennis only burns five calories a minute, how many calories does she burn in a week?

