

## Functional Skills Maths | Entry 1 | Going To The Gym | Workbook



### Useful Vocabulary

This is a list of gym vocabulary for this handout.

- Treadmill
- Lengths (in a swimming pool)
- Protein Shake
- Pull Ups
- Pull Up Bar
- Membership
- Free Weights
- Rowing Machine
- Exercise Bike
- Locker
- Press Ups
- Reps
- Sit Ups
- Leg Press
- Badge
- Fee

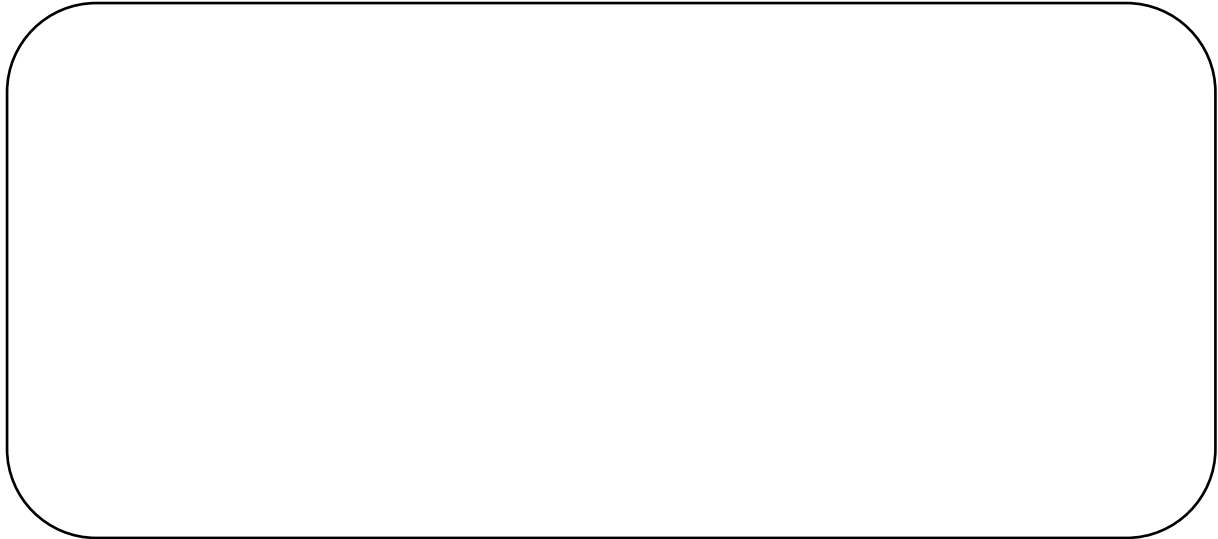
1. George runs on a treadmill for 20 minutes on Monday.

He runs for 16 minutes on Tuesday.

George thinks he runs for 5 more minutes on Monday than on Tuesday.

**Is George correct?**

**Show why you think this.**



2. Nisha is swimming lengths in a swimming pool.

She swims 12 lengths on Thursday.

She swims 6 lengths on Friday.

**How many lengths does she swim in total?**

**Show your working out.**

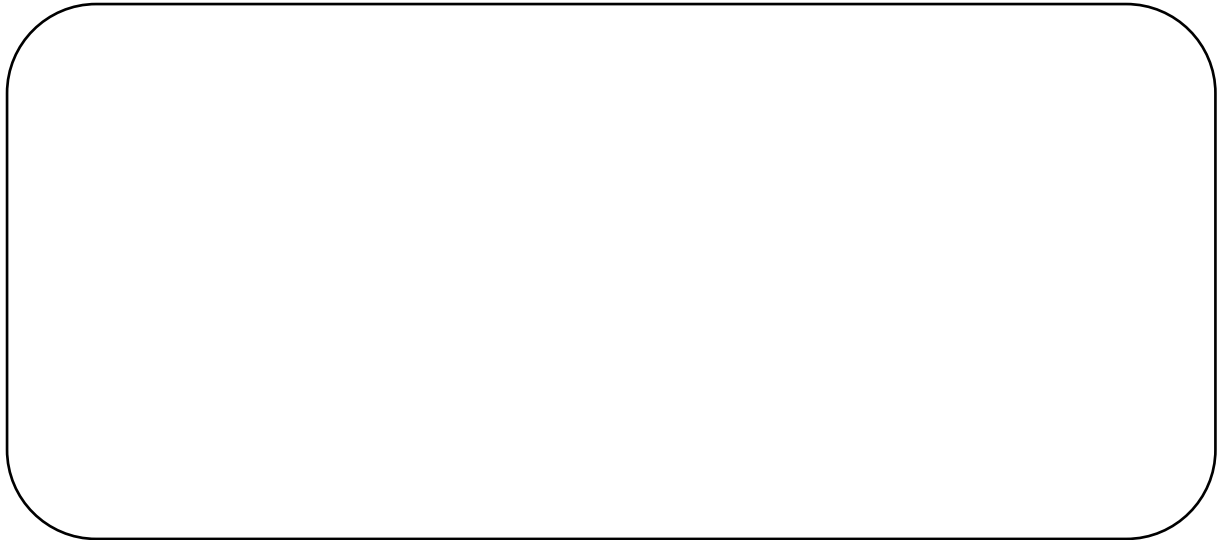


3. Ishaak buys a protein shake from the gym café.

He has £10.

The shake costs £4.

**How much change does he get?**

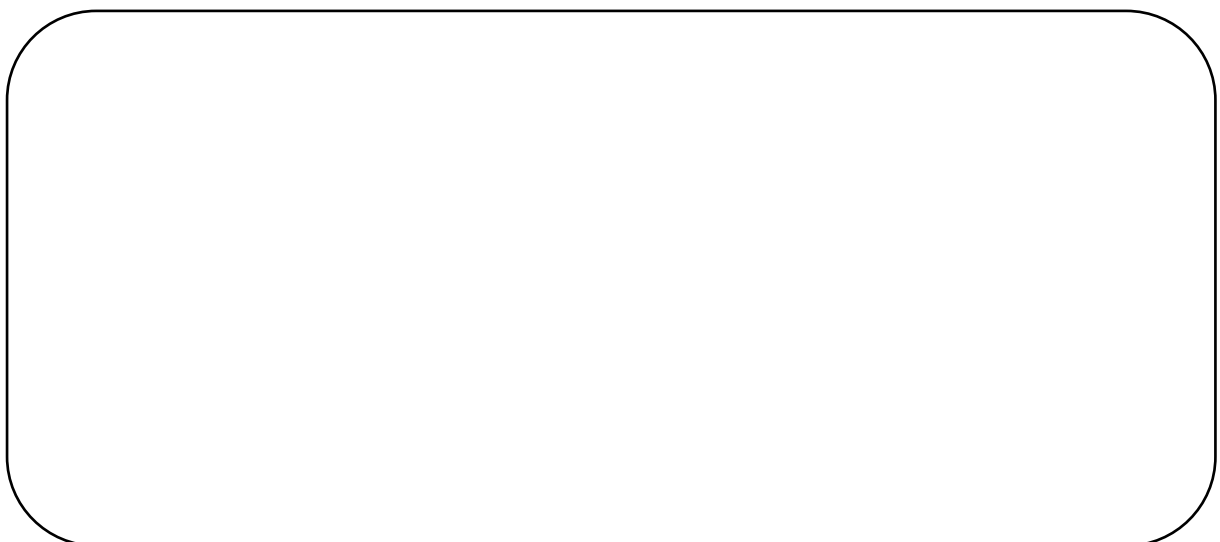


4. is doing pull ups on the pull up bar.

On Tuesday he does 7 pull ups.

On Wednesday he does 9 pull ups.

**How many pull ups does he do in total?**



5. Josef is running on a treadmill.

He runs for 7 kilometres on Saturday.

He runs for 12 kilometres on Sunday.

He thinks he runs for 20 kilometres in total.

**Is Josef correct?**

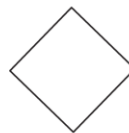
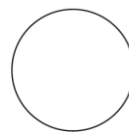
**Show why you think this.**

6. Tanaka is a member of a gym.

His membership badge is a square.

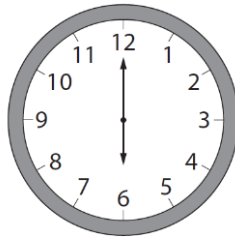
**Which shape is a square?**

**Tick the correct shape.**



7. Melinda leaves the gym.

The clock shows the time she leaves.



**What time does she leave?**

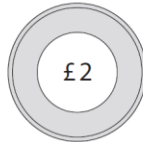
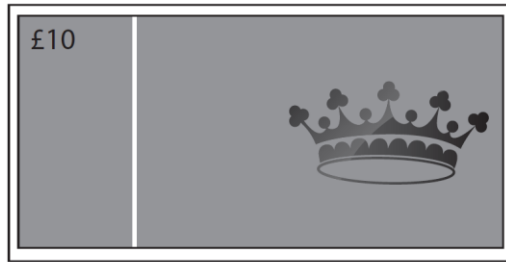
8. Chris goes to the gym every week.

Her visit was two days before Saturday.

**On which day of the week was her last visit?**

9. Magda is paying her weekly membership fee.

She has this money.

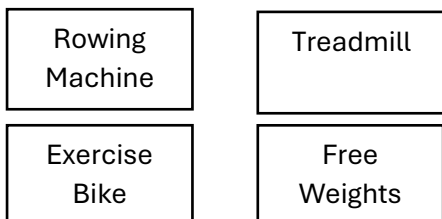


**How much money does she have in total?**

**Use the correct symbol for money.**

10. Kofi is looking for the rowing machine.

He sees this plan of the gym.

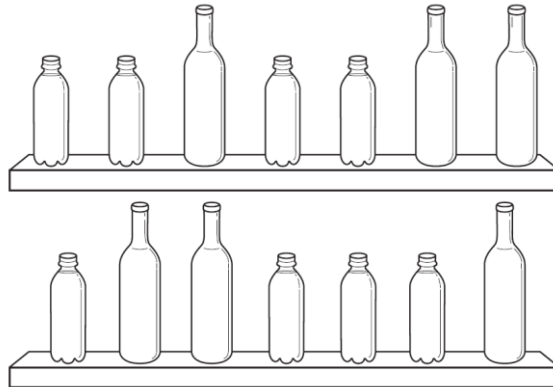


**Where is the rowing machine?**

- A. To the left of the free weights**
- B. To the right of the treadmill**
- C. To the right of the exercise bike**
- D. To the left of the treadmill**

11. Winston is in the gym café.

He sees these large bottles and small bottles.

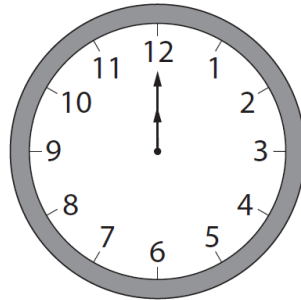


How many large bottles are there?

A large, empty rounded rectangular box for writing the answer.

12. Miriam goes to the gym.

The clock shows the time she arrives.



She stays in the gym for one hour.

**What time does she leave the gym?**

13. Adam wants to work out on an evening.

Today is Tuesday.

The gym is only open in the evening on the following days.

Monday

Wednesday

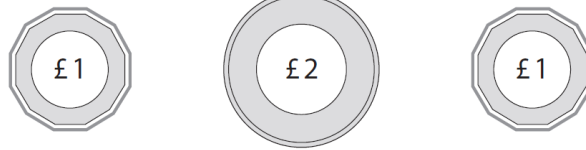
Thursday

Sunday

**Which is the earliest day he can go in the evening?**

14. Ben has money for his locker.

This is the money he has.



**How much money does he have in total?**

**Use the correct symbol for money.**

15. Abu uses the rowing machine.

Monday	17 kilometres
Tuesday	11 kilometres
Wednesday	15 kilometres

**Which day does he row the longest distance?**

16. Abi keeps a tally of the number of press ups she does.

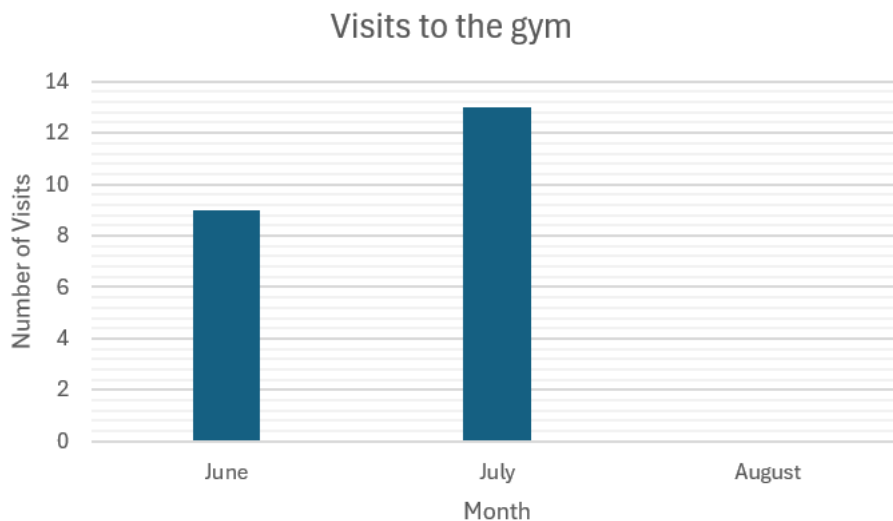
Monday	### ## II
Tuesday	IIII

How many more press ups does she do on Monday than on Tuesday?

17. Kymani draws a chart showing his visits to the gym.

He goes to the gym 12 times in August.

Finish drawing the chart for Kymani.



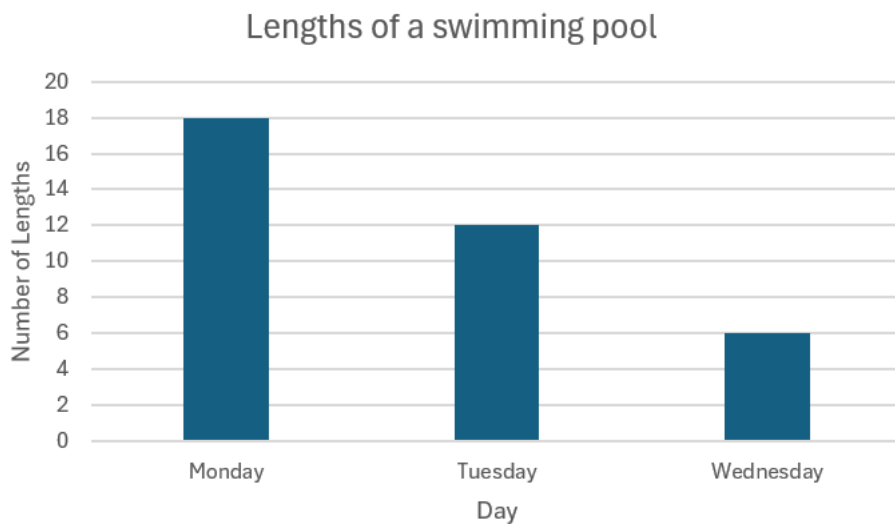
18. Kasia is doing a workout in the gym.

The tally shows the number of reps she does.

Press Ups	### ## ###
Pull Up Bar	###
Leg Press	### ## III
Sit Ups	### III

**Which exercise did Kasia do the most reps of?**

19. The chart shows how many lengths Andre does in the swimming pool.



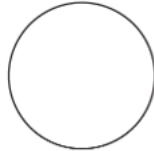
**How many more lengths does he do on Monday than on Wednesday?**

**Answers**

1. No, 4 more minutes
2. 18 (lengths)
3. £6
4. 16
5. No, 19 (kilometres)



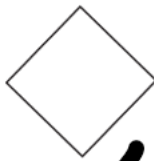
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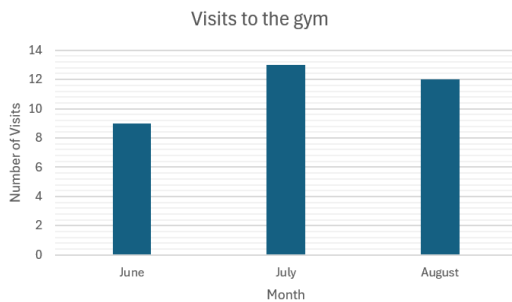
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- 6.
7. 6 o'clock
8. Thursday
9. £14
10. D
11. 6
12. 1 o'clock
13. Wednesday
14. £4
15. Monday
16. 8



- 17.
18. Press Ups
19. 12