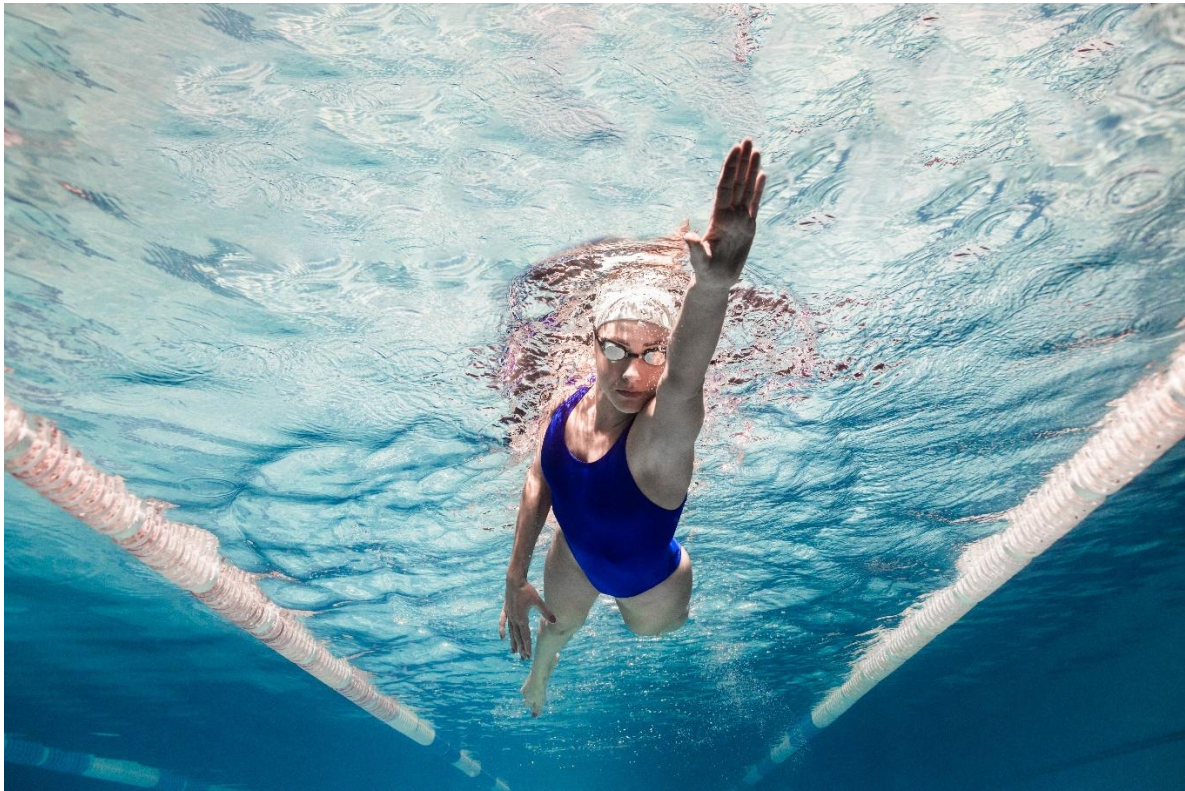


## Functional Skills Maths | Entry 1 | Number | Going To The Gym



### 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

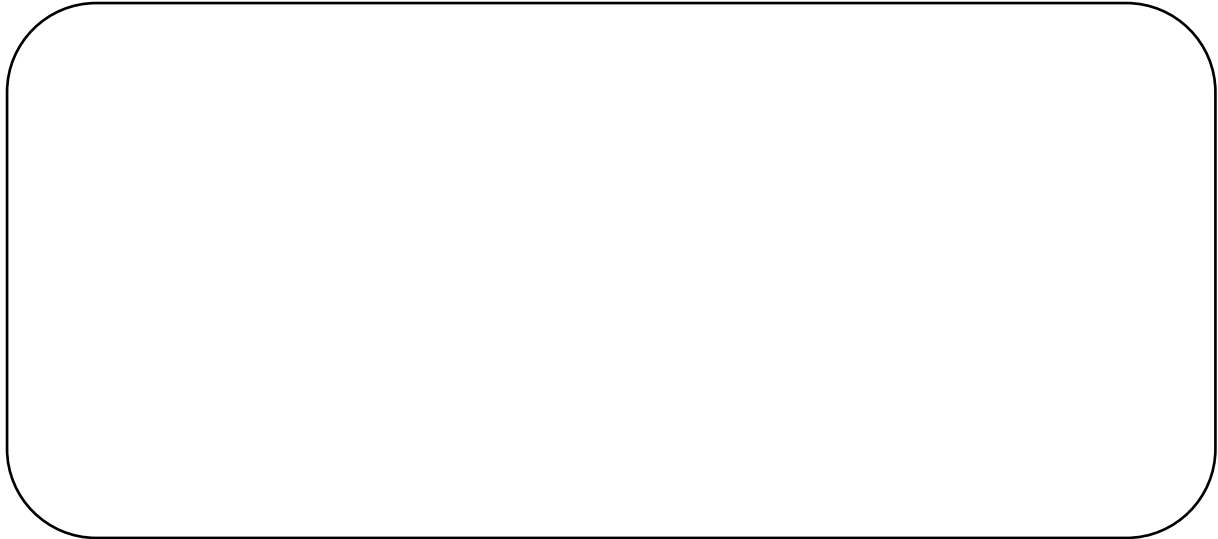
1. George runs on a treadmill for 20 minutes on Monday.

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.**

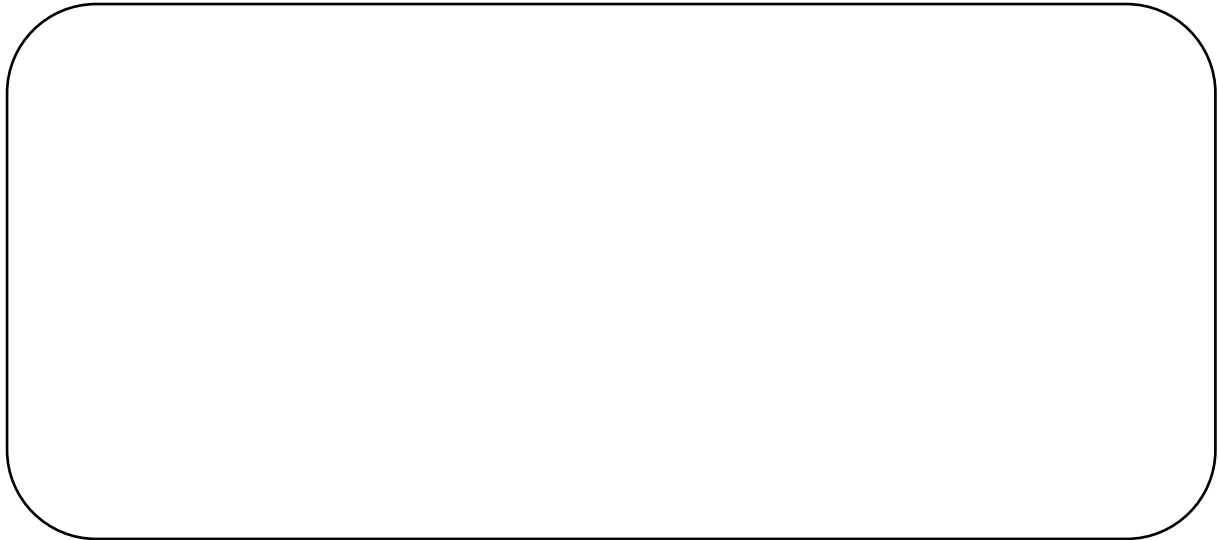


3. Ishaak buys a protein shake from the gym café.

He has £10.

The shake costs £4.

**How much change does he get?**

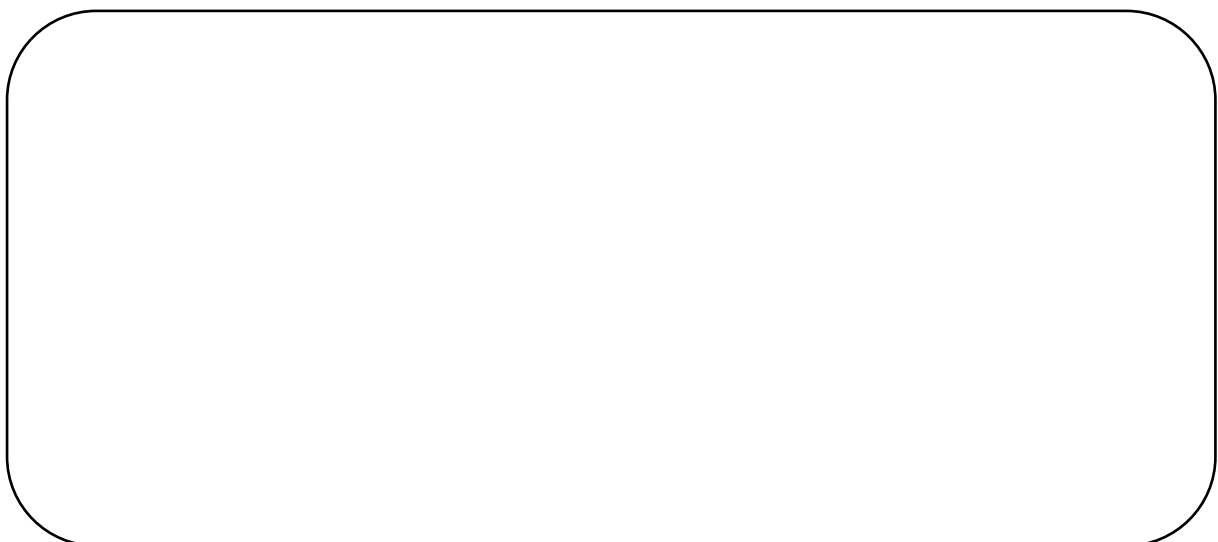


4. is doing pull ups on the pull up bar.

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.**



## Answers

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