

Addition and Subtraction Unit 1

Short Mental Workouts

The short activities suggested below do not have to be done at the beginning of your maths lesson. They are suitable for doing at any time of the day to provide ongoing revision of important mental and oral skills.

While there probably is not time during your maths lesson for these activities, it is crucial to regularly rehearse these skills. You decide when to use them, perhaps at the beginning of the day for 'morning maths', as you line up for lunch, or as a 'brain-break' during the afternoon.

If an image is suggested, you can find it on the sheet(s) below and/or use the link (beginning <https://wrht.org.uk/...>) to find it, and other related generic materials.

Day 1

Count on and back to 20

Count on and back from 1 to 20, pointing to numbers on a washing line as you do so. Point to any number on the line, e.g. 12, and start counting on from there to 20. Repeat with counting back.

Day 2

Count on to 100

Count along a [100-square](#). Point to 5. *Say the next 2 numbers, ready, steady, go!* Children say 6, 7. Repeat, starting at different numbers under 20 for Y1, and numbers above 20 for Y2. Repeat, without the 100-square.

Day 3

Numbers to 100

Use the [Number Grid ITP](#). While children close their eyes, choose the grey colour and click on a square to cover it. Ask children, in pairs, to work out the number you have covered. How did they work it out? Did they use the number before (1 less) and the number after (1 more)? Click on the square to reveal the number. Repeat with other numbers, including multiples of 10.

Day 4

Count in tens

Hold up a +10 card. Children count on in tens from 10. When you hold up -10, they change direction and count back.

Day 5

Number facts up to 10

In pairs, children play 'Flippy, floppy fingers' for 3 minutes. Children shake their hands as they say *flippy, floppy fingers* and then hold up any number of fingers on one hand. The first to say the total wins a cube. Repeat. Did any pair win more than 10 cubes altogether?

1-100 number grid

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100