

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 isn't time during your maths lesson for these activities, it is crucial to regularly revisit the skills used. 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

Pairs to 6

Play 'Ping Pong' with the children. You say a number under 6, e.g. 2. Children say a number to complete the bond to 6, e.g. 4. Keep the pace quick and see how many they can manage without going wrong. Sometimes say *Ping*, children say *Pong*.

Day 2

Pairs to 7

Children put their hands behind their backs. Show 3 fingers. Children show the number of fingers that are needed to make 7 when you say *Show me!* Repeat, showing other numbers of fingers from 0 to 7. Try to build up speed.

Day 3

Pairs to 10

Show 10 pegs (5 in each colour) on a hanger. Practise the pairs that make 10 by hiding pegs with a cloth. Children use their fingers to help find the missing number. Turn the hanger around to show the reverse for each pair, e.g. $7 + 3$, $3 + 7$. Repeat with other pairs to 10.

Day 4

Pairs to 10

Children put their hands behind their backs. Show 3 fingers. *How many more to make 10?* Children bring hands from behind their backs and show 7. Repeat with other pairs to 10 in random order, trying to keep the pace brisk.

Day 5

Doubles

Children choose 4 numbers from 1–10 to write on whiteboards. Roll a 1–6 dice (if a 6, roll again). Children use fingers to double the number. They ring the answer if they have it. The first child to ring all their numbers wins. Play again with children choosing new numbers. *Will you ever be able to ring 3? Why not? What are the best numbers to choose?*