

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/...](https://wrht.org.uk/)) to find it, and other related generic materials.

Day 1

Round to the nearest multiple of 100

Call out 4- and 5-digit numbers for children to round to the nearest multiple of 100, e.g. 3213; 3200; 4578; 8923; 5359; 2078; 8487; 52,305; 67,899; 45,211; 76,458; 91,501; 60,785; 34,076; 28,555.

Day 2

Add pairs of 2-digit numbers

Show children two 2-digit numbers that you and a helper make, e.g. using a number fan. The rest of the class should add the pair of numbers, then write the total on a whiteboard or make it on a number fan, ready to show when instructed.

Make sure to tap into different mental strategies by sometimes making your number a multiple of 10, or a 'nearly' number (e.g. 19, 39, 48).