

Place Value, 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

Spider counting

Display a 100-square (*see below*) on the IWB. Use the 100-square to support counting on in tens from 5 to 95 and back again: model Spider moving down and up the square as you count.

Hold up a card showing +10. Together, count on in tens from 3... until you call *change*, showing a -10 card. At this point, together, count back in tens.

Day 2

Count in tens from 1-digit numbers

Drop 5p into a tin, then drop in 10p coins, one at a time, as children count in tens from 5p to 95p. Tip the coins out and count them to check the total. Repeat, starting with 6p, and counting in tens to 96p. Next, take out the 10p coins, one at a time, counting back in tens until children say 6p again. Tip out the 6p to check.

Day 3

Place value in 2-digit numbers

Model how to show 35 using your hands: close your hands to make two fists, then flash 10 fingers three times, and then hold up 5 fingers for the 5 ones.

Hold up a card showing a 2-digit numbers. Say 3, 2, 1 ... and children show the number on the card using the same representation for tens and ones on their hands. Repeat with different 2-digit numbers, as time allows.

1-100 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