















Mental Agility Activity Sheet Primary 1

Counting Forwards and Backwards

This is the red part of the Rainbow of Numeracy Skills. Choose any task to ‘have a go’ at from the grid, ‘1 chilli’ means it is a mild challenge. If you feel you are “getting there” why not try a ‘spicy’ or ‘2 chilli’ challenge. If you really want to challenge yourself try a ‘3 chilli’, or ‘hot’ challenge. If you come up with your own challenge you can add it to the grid. You can either colour in the chillies or the block on the grid, or tick to show your teacher what you have chosen to work on.

Remember to choose how you want to practice the skill from Say, Write, Make, Do: e.g.

- Say aloud, sing songs
- Write the numbers out e.g. 4, 5, 6... use chalk, paint or any other way of recording including digital technology
- Draw items e.g. tally marks, pairs of socks, make posters or story books
- Count using items e.g. screws, cutlery, coins, pens...

Count forwards in 1s to 10 	Count backwards in 1s from 10 	Count forwards in 1s starting at different numbers e.g. start at 3 and count up to 9 	Count backwards starting at different numbers e.g. start at 8 and count backwards, stop when you get to 2 
Count forwards in 2s to 20 	Count backwards stopping and starting at different points within 30. 	Count forwards to 20 stopping and starting at different points e.g. Start at 13 and stop when you get to 16 13, 14, 15, 16 Stop 	Count backwards within 20, stopping and starting at different points e.g. Start start at 13 and stop when you get to 8 13, 12, 11, 10, 9, 8 Stop 
Say the next number e.g. Parent “6, 7, 8.. ?” Child “9” 	Say the missing number e.g. Parent “10, 9, 8, 6, 5, 4” Child “7” 	Play Number Tennis, counting alternate numbers forwards to 30. e.g. parent 1, child 2, parent 3, child 4... Try stopping and starting at different points 	Play Number Tennis, counting alternate numbers backwards from 20. e.g. parent 20, child 19, parent 18, child 17... Try stopping and starting at different points. 
Count forwards within 100, crossing decades e.g. start at 38 and stop at 47. 	Play ‘Snakes and Ladders’, try to work out what number you will land on before you move. 	Complete a dot to dot puzzle, or make one for someone else to complete 