















Mental Agility Activity Sheet Primary 2

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. 40, 50, 60... 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 2s to 10. 	Count backwards in 2s from 10. 	Count forwards starting at different numbers e.g. start at 28 and count up to 34 	Count forwards in 2s to 20 
Count in 10s forwards from 0 to 100. 	Try stopping and starting at different points e.g. 30, 40, 50, 60 Stop 80, 70, 60, 50, 40, 30 Stop. 	Say the next decade number e.g. Parent “20, 30, ?” Child “40” 	Say the missing decade number e.g. Parent “100, 90, 80, 60, 50, 40” Child “70” 
Count backwards in 2s from 20 	Count backwards starting and stopping at different numbers e.g start at 34 and count back and stop at 26. 	Count backwards in 10s from 100 to 0. 	Count forwards in 10s off decade numbers e.g. 3, 13, 23, 33.... 
Count backwards in 10s off decade numbers e.g. 49, 39, 29, 19, 9.... 	Play Snakes and Ladders, try to work out where you will land before you move. Are you counting on or back each time? 		



















Mental Agility Activity Sheet Primary 3

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. 40, 50, 60... 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 and backwards in 2s to 20. 	Count forwards and backwards starting at different numbers e.g. 34, 32, 30, 28... 	Count forwards in 2s starting and stopping at different numbers up to 1000 e.g. 220, 222, 224, 226, 228, 230. 	Count backwards in 2s starting and stopping at different numbers from 1000 e.g. 220, 218, 216, 214, 212, 210. 
Count forward in 10s 0 to 100. Try stopping and starting at different points e.g. 30, 40, 50, 60 Stop 	Count forwards in 10s from any number up to 110 e.g. 3, 13, 23, 33, 43, 53, 63, 73, 83, 93, 103 Try stopping and starting at different points. 	What is the next decade number? e.g. Parent “34, 44, ?” Child “54” 	What is the missing decade number e.g. Parent “105, 95, 85, 65, 55, 45” Child “75” 
Count in 10s forwards up to 1000, including off decade numbers. e.g. 343, 353, 363, 373 	Count in 100s forwards and backwards e.g. 400, 500, 600, 700, 800, 900, 1000. 	Count in 100s forwards and backwards e.g. 410, 510, 610, 710, 810, 910, 1010. 450, 350, 250, 150, 	Count in halves e.g. $\frac{1}{2}$, 1, $1\frac{1}{2}$, 2, $2\frac{1}{2}$, 3, $3\frac{1}{2}$, 4, $4\frac{1}{2}$. 
Count forwards from 0-100 in 5s 	Count backwards in 10s from 100 to 0. Try stopping and starting at different points e.g. 60, 50, 40, 30 Stop 	Count backwards from 100 – 0 in 5s. 	Count in 10s backwards from 1000, including off decade numbers e.g. 671, 661, 651, 641. 
Count forwards to 1000 in 5s, starting and stopping at different numbers e.g. 115, 120, 125, 130, 135, 140 stop. 	Count backwards from 1000 in 5s, crossing centuries e.g. 510, 505, 500, 495, 490, 485, 480 stop 		





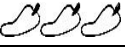









Mental Agility Activity Sheet Primary 4

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. 40, 50, 60... 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...

<p>Count in 10s forwards and from 0 to 100 and then backwards 100 to 0. Try stopping and starting at different points e.g. 30, 40, 50, 60 80, 70, 60, 50, 40, 30 </p>	<p>Count in 10s forwards and backwards from any number up to 110 e.g. 3, 13, 23, 33, 43, 53, 63, 73, 83, 93, 103 Try stopping and starting at different points. </p>	<p>What is the next decade number? e.g. Parent "34, 44, ?" Child "54" </p>	<p>What is the missing decade number e.g. Parent "105, 95, 85, 65, 55, 45" Child "75" </p>
<p>Count in 10s forwards and backwards up to 1000 e.g. 343, 353, 363, 373 671, 661, 651, 641. </p>	<p>Count in 100s forwards and backwards e.g. 400, 500, 600, 700, 800, 900, 1000. 900, 800, 700, 600.. </p>	<p>Count in 100s forwards and backwards from 410, 510, 610, 710, 810, 910, 1010. </p>	<p>Count in halves e.g. $\frac{1}{2}$, 1, $1\frac{1}{2}$, 2, $2\frac{1}{2}$, 3, $3\frac{1}{2}$, 4, $4\frac{1}{2}$. </p>
<p>Count in 5s forwards and backwards to 100. </p>	<p>Count in 3s forwards and backwards to 30. </p>	<p>Count in 4s forwards and backwards to 40. </p>	<p>Count in 6s forwards and backwards to 60. </p>
<p>Say the missing number in a sequence of 5s. E.g. Parent "15, 20, 25, 35" Child "30" </p>	<p>Play BUZZ for the sequences of 5 e.g. 1, 2, 3, 4, Buzz, 6, 7, 8, 9, Buzz </p>		