

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' If you come up with your own challenge you can add it to the grid. You can either colour in 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’ If you come up with your own challenge you can add it to the grid. You can either colour in 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 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	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.	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 and backwards up to 1000 e.g. 343, 353, 363, 373 671, 661, 651, 641.	Count in 100s forwards and backwards e.g. 400, 500, 600, 700, 800, 900, 1000. 900, 800, 700, 600..	Count in 100s forwards and backwards from 410, 510, 610, 710, 810, 910, 1010.	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 in 5s forwards and backwards to 100.	Count in 3s forwards and backwards to 30.	Count in 4s forwards and backwards to 40.	Count in 6s forwards and backwards to 60.
Say the missing number in a sequence of 5s. E.g. Parent “15, 20, 25, 35” Child “30”	Play BUZZ for the sequences of 5 e.g. 1, 2, 3, 4, Buzz, 6, 7, 8, 9, Buzz		