











Mental Agility Activity Sheet Primary 7

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 multiples of 6,7,8 & 9. 	Count backwards in multiples of 6,7,8 & 9. 	Count forwards in decimal tenths e.g. 2.2, 2.4, 2.6, 2.8..... 	Count backwards in decimal tenths e.g. 3.2, 3.0, 2.8, 2.6..... 
Count forwards in hundredths, crossing tenths e.g. 6.97, 6.98, 6.99, 7, 7.01, 7.02 	Count backwards in hundredths, crossing tenths e.g. 7.02, 7.01, 7.00, 6.99, 6.98, 6.97, 6.96, 6.95, 	Count forwards in thousandths e.g. 2.497, 2.498, 2.499, 2.5, 2.501, 2.502 	Count backwards in thousandths e.g. 2.502, 2.501, 2.500, 2.499, 2.498, 2.497 
Count forwards in fractional steps e.g. $2\frac{5}{8}$, $2\frac{6}{8}$, $2\frac{7}{8}$, 3 	Count backwards in fractional steps e.g. $2\frac{7}{8}$, $2\frac{6}{8}$, $2\frac{5}{8}$, $2\frac{4}{8}$, $2\frac{3}{8}$ 	Count backwards in fractional steps e.g. $\frac{9}{10}$, $\frac{8}{10}$, $\frac{7}{10}$, $\frac{6}{10}$ 