

Beat Yourself Down

You need a stopwatch

Activity

Choose an addition or subtraction section and write down the answers in your exercise book as fast as you can. Use a stopwatch to time yourself. Your aim is to answer correctly all the equations in one section in the shortest time possible.

Try a new section each day. Aim to increase your speed and accuracy each day.

a. $2 + 3 = \square$

$7 + 4 = \square$

$5 + 7 = \square$

$6 + 6 = \square$

$5 + 4 = \square$

$8 + 6 = \square$

$6 + 9 = \square$

$3 + 8 = \square$

$3 + 6 = \square$

$5 + 9 = \square$

$9 + 8 = \square$

$2 + 9 = \square$

$7 + 1 = \square$

$7 + 8 = \square$

$3 + 8 = \square$

$9 + 9 = \square$

$2 + 8 = \square$

$6 + 7 = \square$

$4 + 8 = \square$

$2 + 5 = \square$

b. $10 - 4 = \square$

$13 - 6 = \square$

$11 - 9 = \square$

$14 - 6 = \square$

$9 - 2 = \square$

$16 - 8 = \square$

$8 - 6 = \square$

$17 - 6 = \square$

$10 - 1 = \square$

$8 - 4 = \square$

$18 - 9 = \square$

$10 - 2 = \square$

$5 - 3 = \square$

$10 - 3 = \square$

$9 - 6 = \square$

$12 - 6 = \square$

$7 - 2 = \square$

$14 - 5 = \square$

$11 - 5 = \square$

$11 - 3 = \square$

c. $2 + \square = 7$

$4 + \square = 12$

$6 + \square = 14$

$5 + \square = 12$

$4 + \square = 10$

$2 + \square = 11$

$7 + \square = 15$

$4 + \square = 11$

$6 + \square = 9$

$8 + \square = 10$

$3 + \square = 11$

$2 + \square = 9$

$1 + \square = 8$

$6 + \square = 12$

$1 + \square = 10$

$3 + \square = 12$

$5 + \square = 10$

$3 + \square = 6$

$8 + \square = 17$

$6 + \square = 13$





d. $10 - \square = 5$

$15 - \square = 9$

$18 - \square = 9$

$9 - \square = 1$

$8 - \square = 4$

$11 - \square = 7$

$14 - \square = 5$

$15 - \square = 8$

$11 - \square = 3$

$9 - \square = 6$

$12 - \square = 4$

$16 - \square = 9$

$9 - \square = 7$

$11 - \square = 6$

$10 - \square = 3$

$12 - \square = 7$

$8 - \square = 7$

$14 - \square = 6$

$5 - \square = 2$

$17 - \square = 9$

e. $\square + 7 = 16$

$\square + 3 = 9$

$\square + 8 = 15$

$\square + 6 = 13$

$\square + 4 = 9$

$\square + 2 = 5$

$\square + 5 = 14$

$\square + 5 = 7$

$\square + 3 = 11$

$\square + 5 = 12$

$\square + 8 = 14$

$\square + 4 = 12$

$\square + 1 = 8$

$\square + 6 = 12$

$\square + 8 = 11$

$\square + 9 = 17$

$\square + 2 = 11$

$\square + 9 = 18$

$\square + 2 = 10$

$\square + 4 = 11$

f. $\square - 4 = 12$

$\square - 9 = 12$

$\square - 5 = 9$

$\square - 6 = 7$

$\square - 3 = 7$

$\square - 8 = 9$

$\square - 6 = 6$

$\square - 8 = 8$

$\square - 5 = 6$

$\square - 1 = 9$

$\square - 9 = 9$

$\square - 3 = 8$

$\square - 6 = 2$

$\square - 3 = 2$

$\square - 6 = 8$

$\square - 4 = 6$

$\square - 2 = 8$

$\square - 6 = 3$

$\square - 2 = 7$

$\square - 2 = 5$

