

# CanDoMaths Daily Workout



Dear Parent/Carer

Welcome to the CanDoMaths Daily Workout resource pack.

All the resources have been designed to help your child practise the maths topics they have learnt this year and make sure their maths skills stay healthy and strong. Each pack focuses on practising previously learned skills, based on the CanDoMaths Key Performance Indicators.

Colin (the CanDo Caribou) and Coco (the CanDo Cockatoo) both know that deliberate practice is really important. Coco likes to say, 'Practice makes permanent'; Colin prefers 'Practice keeps me skilled'. KeePuppl (the CanDo Kerry Blue) knows how important it is to Keep Up in maths.



There are three types of Workouts for your child to practise:

- 1) 'Do It' questions (Workouts A, B and C)  
*Find the answer to show they can still 'Do' the skill.*
- 2) Problems to solve (Workouts D, E, F and G)  
*Word problems, empty box problems and puzzles with lots of possibilities to show they can apply the skill.*
- 3) Exploring facts (Workout H)  
*Matching activities to practise KPIs*

The idea is that you pick one or two Workouts for your child to complete each day – for example one 'Do It' and one 'Problem' Workout or just one 'Problem'. The CanDoMaths Gang (Liz and Steve) provide some short videos with guidance and hints on our [YouTube Channel](#).

The weekly plan followed will be:

Monday: Workouts A and D  
Tuesday: Workout E  
Wednesday: Workouts B and F  
Thursday: Workouts C and G  
Friday: Workout H

You could also play games again from previous Workouts (Workout D)

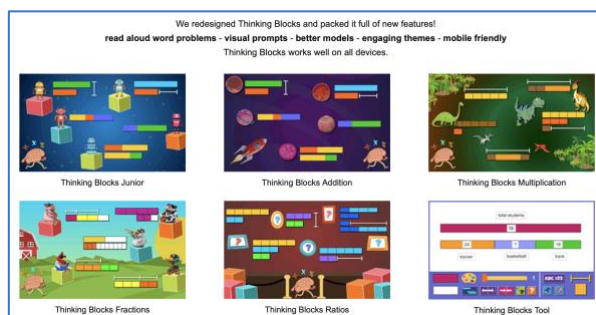


If you wish to do more practice, here is a list of some of Colin and Coco's favourite maths games and websites ....

Hit the Button [www.topmarks.co.uk/maths-games/hit-the-button](http://www.topmarks.co.uk/maths-games/hit-the-button)



Practise solve word problems using the Bar Model:  
[www.mathplayground.com/thinkingblocks.html](http://www.mathplayground.com/thinkingblocks.html)



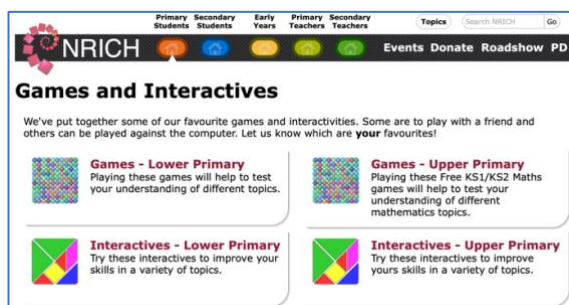
## Maths Games



[www.mathplayground.com/index\\_addition\\_subtraction.html](http://www.mathplayground.com/index_addition_subtraction.html)

[www.mathplayground.com/index\\_multiplication\\_division.html](http://www.mathplayground.com/index_multiplication_division.html)

[www.mathplayground.com/index\\_fractions.html](http://www.mathplayground.com/index_fractions.html)



NRich Games for Lower Primary [rich.maths.org/9412](http://rich.maths.org/9412)

NRich Interactives Lower Primary [rich.maths.org/9414](http://rich.maths.org/9414)

NRich Games for Upper Primary [rich.maths.org/9413](http://rich.maths.org/9413)

NRich Interactives Upper Primary [rich.maths.org/9415](http://rich.maths.org/9415)