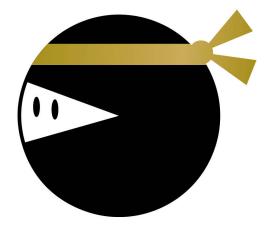
5 MINUTE SKILL BOOK

SERIES A - WEEKS 1 TO 10 2 SESSIONS PER WEEK



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WEEK 1 SESSION 2 - Answer as many questions as you can in 5 mins

MENTAL STRATEGIES -

do these in your head

Q	Question	Answer	
1	□ + 4 = 5		
2	38 + 62		
3	What is half of 2?		
4	128 – 10		
5	120 + 🗆 = 210		
6	124 = 90 + 🗆		
7	610 - 606		
8	1 × 7 = 7, so 7 ÷ 1 = □		
9	Write 11:07 am in 24 hour clock format		
10	From 3:01 am, how many minutes until 3:19 am?		
	Total out of 10		

TIMESTABLES – do these in your head

Q Question Answer 1 2 × 9 = □ 2 30 ÷ 5 = □ 3 10 × □ = 100 54 ÷ □ = 6 4 5 10 × 7 = □ 40 ÷ 10 = □ 6 7 $\Box \times 5 = 15$ $\Box \div 8 = 8$ 8 9 5 × 1 = □ 24 ÷ 3 = □ 10 Total out of 10

KEY SKILLS – you may use written calculations for these questions

Q	Question	Answer
1	81 × 98	
2	1596 – 837	
3	9.1 × 13.13	
4	20% as a fraction	
5	4.98 + 15.59	
6	(-18) ÷ 3	
7	If $a = 7 b = 5$ and $c = 3$, what is the value of $3b^2$?	
8	(-1) - (-4)	
9	Is 2 a factor of 12?	
10	What is the positive value of √64?	
	Total out of 10	



5 MINUTE SKILL CHECK

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Use this space for your **KEY SKILLS** workings!



WEEK 2 SESSION 2 - Answer as many questions as you can in 5 mins

MENTAL STRATEGIES -

do these in your head

Q	Question	Answer	
1	6 + 🗆 = 10		
2	What is double 7?		
3	Halve 31		
4	103 + 60		
5	76 + 77		
6	43 + 9 = 43 + 7 + □		
7	5 + 142		
8	95 + 13 = 90 + 10 + □		
9	3 + 2		
10	3 + 🗆 = 20		
-	Total out of 10		

TIMESTABLES – do these in your head

Q	Question	Answer
1	9 × 3 = □	
2	63 ÷ 9 = □	
3	10 × □ = 20	
4	30 ÷ □ = 10	
5	10 × 8 = □	
6	64 ÷ 8 = □	
7	□ × 2 = 16	
8	□ ÷ 7 = 6	
9	4 × 3 = □	
10	72 ÷ 9 = □	
Tot	al out of 10	

KEY SKILLS – you may use written calculations for these questions

Q	Question	Answer
1	608 ÷ 4	
2	1 + 4 × 2	
3	42.4 ÷ 8	
4	0.86 × 1000	
5	27.39 – 2.59	
6	Write 72/80 in its simplest form	
7	Which is the lowest number, 2 or -10?	
8	Value of the dot? 0 30	
9	What is the lowest common multiple of 3 and 4?	
10	What is the value of (-5) cubed?	
	Total out of 10	

What's your NINCK Score?

Fill in your scores in the boxes

and calculate it now!

KEY SKILLS:

5 MINUTE SKILL CHECK

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Use this space for your **KEY SKILLS** workings!



SKILL CHECK 5 ΜΙΝυτε

WEEK 3 SESSION 2 - Answer as many questions as you can in 5 mins

MENTAL STRATEGIES -

do these in your head

Q Question Answ 1 20 + 🗆 = 20 2 Double 53 3 51 + 10 4 100 - 10 5 8 = 4 + □ 6 70 - 11 = 70 - 10010 – 🗆 7 7 + 7 + 7 + 7 = □ × 7 What is the 8 time on the clock? 9 1 + 🗆 = 10 10 66 + 34 Total out of 10

TIMESTABLES -

do these in your head

KEY SKILLS – you may use written calculations for these questions

ver	Q	Question	Answer	Q	Question	Answer
	1	2 × 3 = □		1	271 + 8501	
	2	7 ÷ 1 = □		2	$(8-2)^2 + 3 \times 4$	
	3	8 × □ = 80		3	Write 4335000 in	
	4	16 ÷ □ = 4			words. (Use the opposite page for your	
	5	9 × 5 = □			answer)	
	6	35 ÷ 7 = □		4	0.8 ÷ 100	
	7	□ × 9 = 81		5	(-1) × (-9)	
	8	□ ÷ 10 = 2		6	Round 61.9361 to 3 d.p.	
	9	8 × 2 = □		7	(-7) + (-4)	
om	10	63 ÷ 9 = □		8	Round 3096 to 1 s.f.	
	Tot	tal out of 10		9	Letter at (-1, 1)	
	-9		2 3-		A B Ĉ D E F G H J K L M N P·x Q R S T U V W X Y Z	
		8	4	10	7/5 = 35/□	
		7 6 5			Total out of 10	
		r <mark>KIRJ</mark> æ			MENTA STRATEGIES	
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5 MINUTE SKILL CHECK

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Use this space for your **KEY SKILLS** workings!



SKILL CHECK 5 ΜΙΝυτε

WEEK 4 SESSION 2 - Answer as many questions as you can in 5 mins

MENTAL STRATEGIES -

do these in your head

Q	Question	Answer	
1	2 + 🗆 = 5		
2	54 + 46		
3	Halve 6		
4	184 – 10		
5	91 + 🗆 = 150		
6	83 = 60 + 🗆		
7	931 – 926		
8	9 × 5 = 45, so 45 ÷ 5 = □		
9	Write 8:13 am in 24 hour clock format		
10	From 2:46 am, how many minutes until 3:22 am?		
-	Total out of 10		

TIMESTABLES do these in your head

Q	Question	Answer
1	10 × 10 = □	
2	8 ÷ 8 = □	
3	5 × □ = 40	
4	20 ÷ □ = 5	
5	9 × 8 = □	
6	80 ÷ 8 = □	
7	□ × 6 = 18	
8	□ ÷ 7 = 10	
9	2 × 8 = □	
10	12 ÷ 6 = □	
Tot	al out of 10	

KEY SKILLS - you may use written calculations for these questions

Q	Question	Answer
1	What is 1/3 of 12?	
2	6 × 225	
3	6543 – 5498	
4	9.8 × 4.8	
5	100% as a decimal number	
6	1.23 + 46.27	
7	(-24) ÷ (-3)	
8	If a = 7 b = 7 and c = 2, what is the value of ac / 2b ?	
9	(-3) – (-7)	
10	What is the highest common factor of 23 and 20?	
	Total out of 10	



5 MINUTE SKILL CHECK

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Use this space for your **KEY SKILLS** workings!



WEEK 5 SESSION 2 - Answer as many questions as you can in 5 mins

MENTAL STRATEGIES -

do these in your head

Q	Question	Answer	
1	□ + 5 = 10		
2	What is double 7?		
3	Halve 57		
4	93 + 30		
5	82 + 84		
6	87 + 11 = 87 + 3 + □		
7	1 + 487		
8	14 + 40 = 14 + 40 + □		
9	What is double 79?		
10	What is half of 7?		
-	Total out of 10		

TIMESTABLES – do these in your head

Question	Answer
2 × 2 = □	
9 ÷ 3 = □	
8 × □ = 16	
35 ÷ □ = 5	
2 × 1 = □	
10 ÷ 2 = □	
□ × 6 = 48	
□ ÷ 8 = 6	
9 × 3 = □	
70 ÷ 7 = □	
al out of 10	
	$2 \times 2 = \Box$ $9 \div 3 = \Box$ $8 \times \Box = 16$ $35 \div \Box = 5$ $2 \times 1 = \Box$ $10 \div 2 = \Box$ $\Box \times 6 = 48$ $\Box \div 8 = 6$ $9 \times 3 = \Box$ $70 \div 7 = \Box$

KEY SKILLS – you may use written calculations for these questions

Q	Question	Answer
1	What is 45% of £140?	
2	3996 ÷ 4	
3	5 + 10 × 3	
4	7.474 ÷ 0.2	
5	0.939 × 1000	
6	96.54 – 8.01	
7	Simplify 2/18	
8	Difference between -10 and 9	
9	Value of the dot?	
10	What is the lowest common multiple of 7 and 8?	
	Total out of 10	



5 MINUTE SKILL CHECK

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Use this space for your **KEY SKILLS** workings!



SKILL CHECK 5 ΜΙΝυτε

WEEK 6 SESSION 2 - Answer as many questions as you can in 5 mins

MENTAL STRATEGIES -

do these in your head

TIMESTABLES do these in your head KEY SKILLS - you may use written calculations for these questions

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Q	Question	Answer	Q	Question	Answer	Q	Question	Answer
1	8 + 🗆 = 20		1	8 × 1 = □		1	What is the value of 15	
2	Double 49		2	28 ÷ 4 = □			squared?	
3	69 + 10		3	2 × □ = 6		2	3530 + 6819	
4	196 – 80		4	28 ÷ □ = 4		3	(8 – 2) × 2	
5	6 = 3 + □		5	4 × 6 = □		4	Write Twenty Four Thousand, Three	
6	53 - 8 = 53 - 3		6	6 ÷ 3 = □			Hundred in digits	
	- 🗆		7	□ × 2 = 8		5	43.537 ÷ 100	
7	9 = 9 × □		8	□ ÷ 7 = 8		6	(-8) × 1	
8	Draw hands on the clock face		9	8 × 8 = □		7	Round 22.7383 to 1 d.p.	
	showing quarter to nine		10	80 ÷ 10 = □		8	2 + (-7)	
9	What is double		Tot	tal out of 10		9	Round 275 to 1 s.f.	
	8?					10	Letter at (2, 1)	
10 Halve 14 Total out of 10 11 8 4						$A = B = \widehat{C} = D = E$ $F = G = H = I = J$ $K = L = M = N = P \times X$ $Q = R = S = T = U$ $V = W = X = Y = Z$		
				7 6 5			Total out of 10	
	What's your NINDA Score?							
Fill in your scores in the boxes and calculate it now!								
KEY SKILLS:							5:	

5 MINUTE SKILL CHECK

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Use this space for your **KEY SKILLS** workings!



WEEK 7 SESSION 2 - Answer as many questions as you can in 5 mins

MENTAL STRATEGIES -

do these in your head

Q	Question	Answer		
1	3 + 2			
2	75 + 🗆 = 100			
3	Halve 2			
4	159 – 10			
5	61 + 🗆 = 130			
6	96 = 60 + 🗆			
7	712 – 711			
8	1 × 9 = 9, so 9 ÷ 1 = □			
9	Write 17:39 in 12 hour clock format			
10	From 01:49, how many minutes until 02:29?			
Total out of 10				

TIMESTABLES – do these in your head

Q	Question	Answer
1	2 × 6 = □	
2	28 ÷ 7 = □	
3	4 × □ = 36	
4	24 ÷ □ = 4	
5	6 × 7 = □	
6	8 ÷ 8 = □	
7	□ × 8 = 40	
8	□ ÷ 2 = 7	
9	3 × 8 = □	
10	8 ÷ 8 = □	
Tot		

KEY SKILLS – you may use written calculations for these questions

Q	Question	Answer
1	What is the highest common factor of 11 and 3?	
2	What is 4/5 of 5?	
3	5 × 666	
4	18897 – 9897	
5	4.61 × 5	
6	17% as a decimal number	
7	11 + 8.69	
8	(-8) ÷ 2	
9	If $a = 2 b = 2$ and $c = 8$, what is the value of $ac^2 + 2$?	
10	6 - (-8)	
	Total out of 10	



5 MINUTE SKILL CHECK

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Use this space for your **KEY SKILLS** workings!



WEEK 8 SESSION 2 - Answer as many questions as you can in 5 mins

MENTAL STRATEGIES -

do these in your head

Q	Question	Answer		
1	□ + 8 = 10			
2	What is double 1?			
3	What is half of 91?			
4	60 + 20			
5	12 + 9			
6	84 + 11 = 84 + 6 + □			
7	4 + 876			
8	70 + 76 = 70 + 70 + □			
9	71 + 10			
10	198 – 60			
Total out of 10				

TIMESTABLES – do these in your head

Q	Question	Answer
1	7 × 7 = □	
2	20 ÷ 4 = □	
3	1 × □ = 7	
4	54 ÷ □ = 6	
5	9 × 9 = □	
6	40 ÷ 10 = □	
7	□ × 6 = 18	
8	□ ÷ 4 = 5	
9	3 × 2 = □	
10	18 ÷ 6 = □	
Tot	al out of 10	

KEY SKILLS – you may use written calculations for these questions

Q	Question	Answer
1	Is 16 a multiple of 2?	
2	What is 60% of £220?	
3	7551 ÷ 9	
4	11 – 3 ÷ 3	
5	13.2 ÷ 2	
6	10 × 0.88	
7	22.68 - 8.44	
8	Write 63/90 in its simplest form	
9	Difference between 9 and -1	
10	Value of the dot?	
	• 	
	0 20	
	Total out of 10	



5 MINUTE SKILL CHECK

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Use this space for your **KEY SKILLS** workings!



WEEK 9 SESSION 2 - Answer as many questions as you can in 5 mins

MENTAL STRATEGIES -

do these in your head

Q	Question	Answer		
1	10 + 🗆 = 20			
2	What is double 66?			
3	10 + 10			
4	102 – 20			
5	9 = 1 + 🗆			
6	21 – 3 = 21 – 1 – □			
7	17 + 17 + 17 = □ × 17			
8	What time is shown on the clock?	pm		
9	161 – 10			
10	80 + 70			
-	Total out of 10			

TIMESTABLES – do these in your head

Q	Question	Answer	
1	8 × 7 = □		
2	70 ÷ 7 = □		
3	4 × □ = 8		
4	56 ÷ □ = 8		
5	6 × 4 = □		
6	90 ÷ 10 = □		
7	□ × 10 = 20		
8	□ ÷ 3 = 5		
9	5 × 7 = □		
10	40 ÷ 4 = □		
Total out of 10			

 KEY SKILLS – you may use written calculations for these questions

Q	Question	Answer			
1	What is the value of ∛64?				
2	10/4 = 50/□				
3	4626 + 2373				
4	$(1 - 1)^2 + 5 \times 4$				
5	Write Eight Hundred and Seventy Nine Thousand, Six Hundred and Thirty Five in digits				
6	0.92 ÷ 1000				
7	6 × (-7)				
8	Round 56.7721 to 3 d.p.				
9	7 + (-6)				
10	Round 0.00876 to 2 s.f.				
	Total out of 10				

What's your NINDA Score?

Fill in your scores in the boxes

and calculate it now!

KEY SKILLS:

5 MINUTE SKILL CHECK

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Use this space for your **KEY SKILLS** workings!



WEEK 10 SESSION 2 - Answer as many questions as you can in 5 mins

MENTAL STRATEGIES -

do these in your head

Q Question Answer 1 $3 + \Box = 5$ 2 27 + 🗆 = 100 3 What is half of 2? 179 – 10 4 5 163 + □ = 230 50 = 30 + □ 6 7 733 - 732 8 $10 \times 3 = 30$, so 30 ÷ 3 = □ 9 Write 2:17 pm in 24 hour clock format 10 From 1:13 pm, how many minutes until 2:10 pm? Total out of 10

TIMESTABLES -

do these in your head

Q Question Answer 1 2 × 5 = □ 2 18 ÷ 2 = □ 3 5 × □ = 10 4 12 ÷ □ = 6 5 7 × 8 = □ 6 30 ÷ 10 = □ 7 $\square \times 3 = 6$ 8 $\square \div 4 = 2$ 9 $7 \times 2 = \Box$ 10 $4 \div 1 = \Box$ Total out of 10

KEY SKILLS - you may use written calculations for these questions

Q	Question	Answer			
1	(-2) – (-1)				
2	Letter at $(2, -2)$ y A B C D E F G H J K L M N P \times X Q R S T U V W X Y Z				
3	What is 2/3 of 6?				
4	45 × 28				
5	18059 – 9664				
6	1.3 × 3.9				
7	0.18 = □%				
8	4.56 + 83.2				
9	35 ÷ (-5)				
10	If a = 3 b = 5 and c = 5, what is the value of 2a + b/c ?				
	Total out of 10				



5 MINUTE SKILL CHECK

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Use this space for your **KEY SKILLS** workings!