

6.1 Know the number of seconds in a minute, minutes in an hour and hours in a day

**Fact File:**

60 seconds = one minute  
60 minutes = one hour  
24 hours = one day



**Extra challenges:**

How many seconds in 4 minutes?  
How many hours is 240 minutes?



6.2 Know the number of days in a week, month and year, including leap years

**Fact File:**

7 days = 1 week  
12 months = 1 year  
365 days = one year  
366 days = one leap year



Try learning this poem by heart:

**30 Days Has September**

30 Days has September,  
April, June and November.  
All the rest have 31,  
Except for February, it's the one,  
Which only has 28 days clear,  
And 29 in each Leap Year.



6.3 Know the number of grams in a kilogram, millilitres in a litre, millimetres in a centimetre and metres in a kilo-

**Fact File:**

1000g = 1 kg  
1000ml = 1 litre  
10mm = 1 cm  
1000m = 1km



How many metre is a 5km run?

**Top Tip:** remember litres refers to liquid - they both start with an L



6.4 Count from zero in steps of 4

**Call Out!**

Clap a number of regular beats.

Ask the child to count silently in fours calling out the number you stop on.



**Mars**

Colour the star when you think you have the skill. Remember, you should aim to answer each question in 3 seconds (try to answer 10 or more in 30 seconds). Your teacher will let you know the next time there's an assessment.

6.5 Count from zero in steps of 8

Use the number grid overleaf to support your learning. Gradually cover up the numbers until you are confident without the grid.



6.6 Count from zero in steps of 50

**Make it real!**

Collect 50pence pieces in a piggy bank then see how quickly you can work out the total.



6.7 Count from zero in steps of 100

**Make it fun!**

Play number ping pong!

Start off saying 'ping', child replies with 'pong'.

Repeat and then convert to numbers i.e. say '10' and they reply '20' (counting in 10).

How quickly can you get to 100?



There are lots of games on websites such as Topmarks!

Extra challenge : try saying your 4, 8, 50 and 100 times table

