



Year 1- Spring 1

KIRF: Count on and back from a given number up to 20

This skill helps build confidence with early addition and subtraction and supports quick mental recall.

Children should be able to:

- Start at any number (e.g. 7) and **count forwards**
- Start at any number (e.g. 14) and **count backwards**
- Know which number comes **before** and **after** a given number

You can support this at home through short, fun activities such as:

Roll & Count

Pick a starting number (or draw a number card). Roll a dice and count on that many. Roll again and count back. A quick, fun way to build fluency.

2) Spot Numbers in Real Life

Look for numbers up to 20 on doors, signs, clocks or packaging. Ask your child to count on or count back from the number they spot.

3) Quick-Fire Start Points

Give your child a number and a direction:

- “Start at 6 and count on to 12.”
- “Start at 17 and count back to 10.” Short bursts like this build instant recall.

4) 10-Second Counting Bursts

Give a starting number (e.g., 14). Ask your child to count forwards for 10 seconds, then count backwards for 10 seconds. Swap roles to keep it fun.





Round Hill Primary School

Key Instant Recall Facts

