

Supporting Your Child with Maths at Home

Year 1 – Number Sense: Number Fact Fluency

Children build a strong understanding of numbers up to 10 and begin learning important number facts.

Coverage

Autumn		Spring	Summer	
Stage 1 Subitising 1-10 (Dots, Hands, Tens Frame)	Stage 2 Make and Break to 10	Stage 3 One More, One Less Two More, Two Less Number 10 Fact Families Five and a Bit Know About Zero Doubles and Near Doubles	Stage 3 Number Neighbours 7 Tree and 9 Square	Stage 4 Ten and a Bit
4 Weeks	7 Weeks	11 Weeks	3 Weeks	3 Weeks

Stage 3

- One more, one less
- Two more, two less
- Number 10 Fact Families
- Five and A Bit
- Know about Zero
- Doubles and near doubles
- Number Neighbours
- 7 tree and 9 square

Stage 4

- Ten and A Bit

Stage 5

- Make ten and then +
- Make ten and then -
- More doubles and near doubles
- Adjusting

+

0

1

2

3

4

5

6

7

8

9

10

0+0

0+1

0+2

0+3

0+4

0+5

0+6

0+7

0+8

0+9

0+10

1

1+1

1+2

1+3

1+4

1+5

1+6

1+7

1+8

1+9

1+10

2

2+1

2+2

2+3

2+4

2+5

2+6

2+7

2+8

2+9

2+10

3

3+1

3+2

3+3

3+4

3+5

3+6

3+7

3+8

3+9

3+10

4

4+1

4+2

4+3

4+4

4+5

4+6

4+7

4+8

4+9

4+10

5

5+1

5+2

5+3

5+4

5+5

5+6

5+7

5+8

5+9

5+10

6

6+1

6+2

6+3

6+4

6+5

6+6

6+7

6+8

6+9

6+10

7

7+1

7+2

7+3

7+4

7+5

7+6

7+7

7+8

7+9

7+10

8

8+1

8+2

8+3

8+4

8+5

8+6

8+7

8+8

8+9

8+10

9

9+1

9+2

9+3

9+4

9+5

9+6

9+7

9+8

9+9

9+10

10

10+0

10+1

10+2

10+3

10+4

10+5

10+6

10+7

10+8

10+9

10+10

-

0

1

2

3

4

5

6

7

8

9

10

0-0

1

1-0

1-1

2

2-0

2-1

2-2

3

3-0

3-1

3-2

3-3

4

4-0

4-1

4-2

4-3

4-4

5

5-0

5-1

5-2

5-3

5-4

5-5

6

6-0

6-1

6-2

6-3

6-4

6-5

6-6

7

7-0

7-1

7-2

7-3

7-4

7-5

7-6

7-7

8

8-0

8-1

8-2

8-3

8-4

8-5

8-6

8-7

8-8

9

9-0

9-1

9-2

9-3

9-4

9-5

9-6

9-7

9-8

9-9

10

10-0

10-1

10-2

10-3

10-4

10-5

10-6

10-7

10-8

10-9

10-10

11

11-1

11-2

11-3

11-4

11-5

11-6

11-7

11-8

11-9

11-10

12

12-2

12-3

12-4

12-5

12-6

12-7

12-8

12-9

12-10

13

13-3

13-4

13-5

13-6

13-7

13-8

13-9

13-10

14

14-4

14-5

14-6

14-7

14-8

14-9

14-10

15

15-5

15-6

15-7

15-8

15-9

15-10

16

16-6

16-7

16-8

16-9

16-10

17

17-7

17-8

17-9

17-10

18

18-8

18-9

18-10

19

19-9

19-10

20

20-10

Select all

Clear all

Key Skills

Key Skills	Examples
Subitising numbers to 10 Recognising numbers quickly using	• Dice patterns • Ten frames • Fingers
Making and breaking numbers to 10 Children learn how numbers combine to make 10.	• $7 + 3 = 10$ • $6 + 4 = 10$ • These are called number bonds to 10.
One more / one less Understanding how numbers change.	• One more than 8 is 9 • One less than 8 is 7
Two more / two less	• Two more than 5 is 7 • Two less than 5 is 3
Fact families Understanding how addition and subtraction are linked.	• If $7 + 3 = 10$ • Then $3 + 7 = 10$ $10 - 7 = 3$ $10 - 3 = 7$
Doubles and near doubles	• Doubles: ○ $2 + 2$ ○ $5 + 5$ • Near doubles: ○ $5 + 6$ ○ $7 + 8$
Understanding zero	• Adding 0 keeps the number the same • Subtracting from zero changes the result
Number neighbours Understanding numbers that sit next to each other on a number line.	• Neighbours of 8 are 7 and 9.

How You Can Help at Home

- Practise number bonds to 10 regularly.
- Ask quick questions like:
 - “What makes 10 with 6?”
 - Use Lego or toys to make number pairs.
 - Play board games involving counting.
 - Practise doubles (e.g. double 4 = 8).
 - Ask “one more” or “one less” during everyday activities.