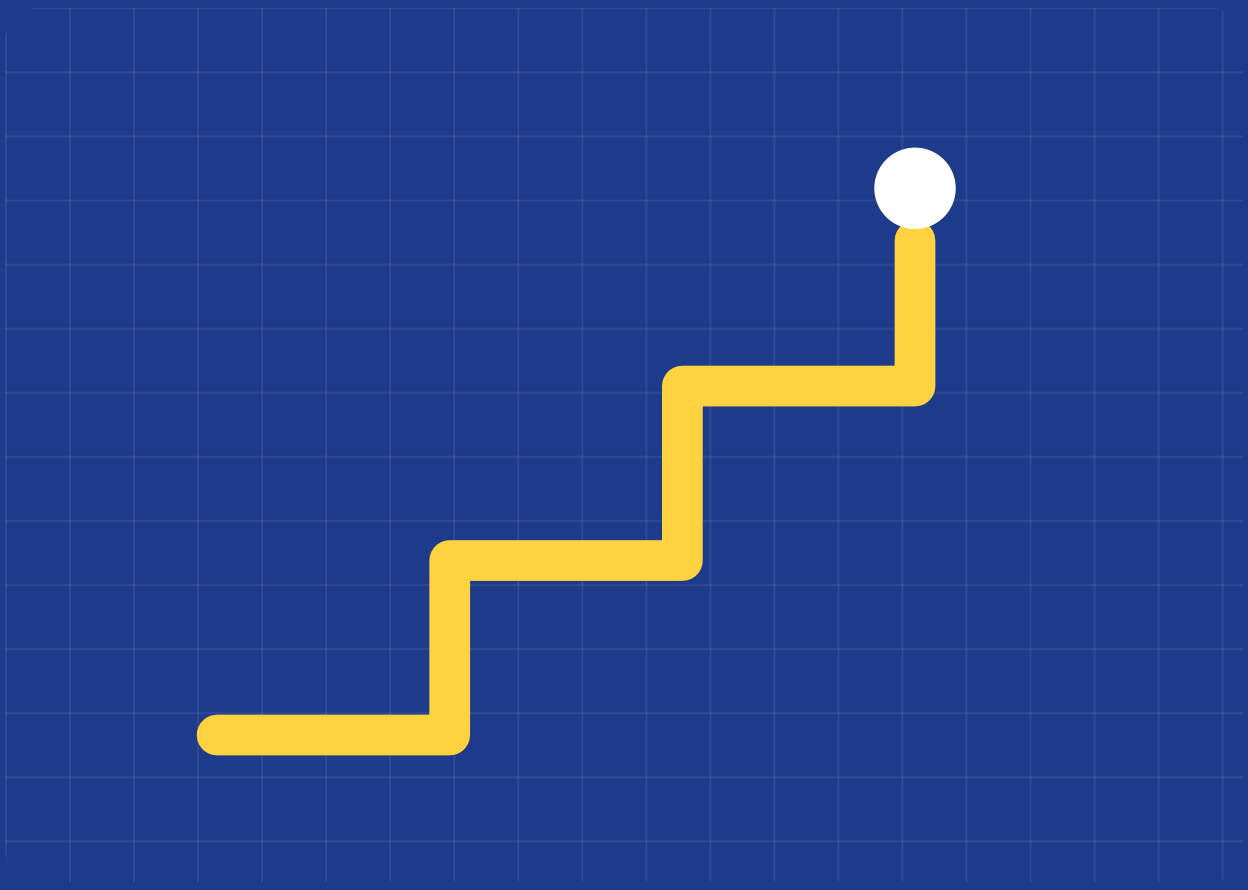
UpOnly Learning



GRADE 1

FREE SAMPLE WORKBOOK

Math Grade 1

One step at a time. · Ages 6–7 · Free sample: 1 of 8 topics

UO-MATH-1

OUR STORY

One step at a time

I'm Dr. Evan J. Hasson. I've run a specific chiropractic practice for over twelve years, and I'm a dad of three. My work is about alignment: get the structure right, and everything else works better.

At home, nothing was aligned. I was spending thousands a month on tutors, extracurriculars and programs, and when I asked about enrolling a second or third child the answer was always the same: that'll be double, that'll be triple. The charter school had a waiting list. The good public school had a waiting list. The private schools had the kind of list where it helps to know someone, or to give generously first.

And underneath all of it, the same quiet threat: if you don't pay for this, your child will fall behind. Not sold with evidence. Sold with fear.

So I did my own research, and here is what I found: none of it is secret. The standards are published. The order a child should learn in is written down and freely available. It is just scattered. Nobody had done the work of pulling it together, putting it in order and handing it over. So I did.

When every step has its place, confusion has nowhere to hide.

I built this for my own kids. I'm giving it to yours.

Dr. Evan J. Hasson, DC
Founder and dad of three

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No guaranteed results, and mistakes happen. Every student learns differently. We write and review every question and answer key carefully, and we still get things wrong — an answer key can be wrong, and a question can be worded badly or have two defensible answers. Check the answer key before you hand it over, and trust your own judgment over ours. Found a problem? **Photograph the page and email it to support@uponlylearning.com** — the picture tells us more than a description, and we fix it for every family.

Safety. Some activities use household items such as scissors, coins or food. An adult should supervise and skip anything unsafe for the student.

Not professional advice. This workbook does not replace an evaluation by a qualified educator or specialist. The founder is a Doctor of Chiropractic; UpOnly Learning does not provide medical or health advice.

Full terms: uponlylearning.com/legal

INTRODUCTION

How to use this workbook

Each topic follows the same steps, so your student always knows what comes next.

① **Quick Check.** 10 questions before you teach. Read them aloud for younger students. A high score means you can move faster.

② **Learn It.** Key words, step-by-step teaching with lines you can read aloud, worked examples and the mistakes to watch for.

③ **We Do It Together.** 10 questions you do side by side. The answer and the "why" are printed right after each question, so you can talk it through.

④ **You Try.** 10 questions your student does alone.

Answers with short explanations for every question are in the **Answer Key** at the end of each topic, so students can work without peeking. Go over each wrong answer together using the explanation.

This workbook is printed in full color. To save ink, choose "Black and white" or "Grayscale" in your printer settings; every page still works in black and white.

Want online checks that score themselves and track each student's progress? Visit uponlylearning.com.

GRADE 1

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Math: Grade 1

Free Sample Workbook · Ages 6–7 · 1 of 8 topics, with a Quick Check, a lesson, We Do It Together, You Try and an answer key

Our story

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How to use this workbook

Topic 1 · Addition and subtraction within 20

Strategies, fact families, word problems 1.OA

Quick Check · Learn It · We Do It Together · You Try · Answer Key

Addition and subtraction within 20

The student will add and subtract within 20 using strategies like counting on, making ten and doubles, write the fact family for three related numbers, and solve word problems including ones with an unknown number.

① Quick Check

Do this before the lesson. It shows what your student already knows. Score: ____ / 10

1. What is 3 + 3?

A 5 **B** 6 **C** 7

2. Start at 9 and jump back 3. What is 9 - 3?

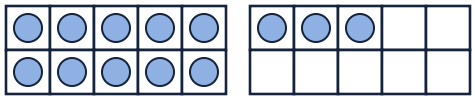


A 12 **B** 6 **C** 7

3. What is 11 - 1?

A 10 **B** 9 **C** 12

4. What is 10 + 3?



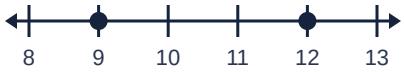
A 13 **B** 12 **C** 7

5. Write the fact family for 3, 8 and 11.

6. Is 7 + 2 = 8 true or false?

A True, because 7 and 2 are close to 8 **B** True **C** False

7. Find the missing number: 9 + ? = 12. How far is it from 9 to 12?



A 21 **B** 4 **C** 3

8. What is 17 - 8?

A 25 **B** 9 **C** 10

9. Ali has 5 red, 3 blue and 7 green cars. How many cars in all?

A 16 **B** 15 **C** 14

10. Tom has 9 marbles. Kia has 4 more than Tom. How many does Kia have?

A 5 **B** 13 **C** 14

② Learn It

Key words

- **sum**: the answer when you add
- **difference**: the answer when you subtract
- **count on**: start at the bigger number and count up
- **make ten**: break a number apart to fill a ten first, then add the rest
- **fact family**: a set of addition and subtraction facts that use the same three numbers

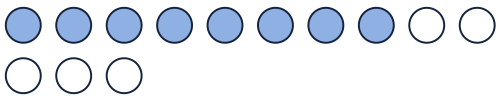
Warm-up

1. Quick-fire facts within 10: ask 3 + 4, 5 + 5, 8 - 2, 9 - 4, 6 + 3. Let the student answer aloud.
2. Ask: what pairs of numbers make 10? List them together: 1 and 9, 2 and 8, 3 and 7, 4 and 6, 5 and 5.

> *Let's wake up our brains with some fast facts. Ready? What is 3 plus 4?*

Teach

1. Counting on: for 9 + 3, start at 9 (the bigger number) and count up 3: 10, 11, 12. Explain we do not need to count from 1.
2. Making ten: for 8 + 5, put 8 beans in the ten-frame. Move 2 of the 5 beans to fill it, leaving 3. Now it is 10 + 3 = 13. So 8 + 5 = 13.



3. Doubles and near doubles: 6 + 6 = 12, so 6 + 7 is one more, 13. Practice a few doubles: 7 + 7 = 14, 8 + 8 = 16, 9 + 9 = 18.
4. Fact families: write 7, 5 and 12. Show the four facts: 7 + 5 = 12, 5 + 7 = 12, 12 - 5 = 7, 12 - 7 = 5. Explain that subtraction is like a missing addend: 12 - 5 asks what plus 5 makes 12.
5. Unknown numbers: show 4 + ? = 11. Count on from 4 to 11 (7 jumps), so the missing number is 7. Explain the equal sign means both sides are the same amount.
6. Adding three numbers: for 2 + 6 + 4, you can add any two of the numbers first. Add 6 + 4 = 10 first, then 10 + 2 = 12. Look for two numbers that make ten.

> *We have lots of tricks for adding and subtracting. If you know one fact, you can find three more in the same family.*

Guided practice

1. Solve 9 + 6 together by making ten: 9 + 1 = 10, plus 5 more is 15.

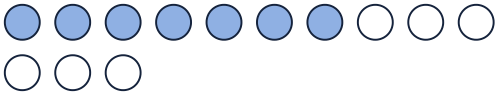


2. Solve 14 - 6 by thinking addition: 6 + ? = 14. Count on from 6 to 14, or make ten: 6 + 4 = 10, then 4 more = 14, so the answer is 8.
3. Give the student the numbers 3, 8, 11 and ask them to write the whole fact family.
4. Tell a story: 'Amara had some stickers. Her friend gave her 5 more. Now she has 13. How many did she have at first?' Model it with beans: ? + 5 = 13, answer 8.
5. Ask: is 6 + 2 = 8 true? Is 7 = 9 - 2 true? Discuss that the equal sign can have the answer on either side.
6. Ask: what is 5 + 7 + 5? Which two numbers make ten? (5 and 5) Then add the 7: 10 + 7 = 17.

> *Choose your favorite strategy and show me how it works. There is more than one good way.*

Worked examples

What is 7 + 6?



13. Make ten: 7 + 3 = 10, and 3 more from the 6 is left, so 10 + 3 = 13. Or use near doubles: 6 + 6 = 12, plus 1 is 13.

Write the fact family for 4, 9 and 13.



4 + 9 = 13, 9 + 4 = 13, 13 - 4 = 9, 13 - 9 = 4. The biggest number, 13, is the total.

Watch for these mistakes

Mistake: When counting on for 8 + 3, the student says 8, 9, 10 and answers 10 by counting the starting number.
Fix: Say the starting number silently or tap your head for it, then count up on fingers: 9, 10, 11. Three fingers up means we added 3, so the answer is 11.

Mistake: The equal sign means 'write the answer next,' so 9 = 4 + 5 looks wrong.
Fix: Explain that equal means 'the same as.' Build 9 beans on one side and 4 + 5 beans on the other; both sides match, so it is true.

③ We Do It Together: 10 questions

> *Do these side by side. Read each question together, let your student answer, then read the answer and the "why" right below it and talk it through.*

1. Is 6 = 6 true or false?

A False **B** True **C** You cannot tell

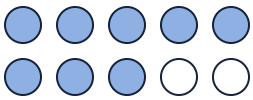
> **Answer: B** True
> **Why:** The equal sign means the same as. 6 is the same as 6.

2. What is 9 + 1?

A 11 **B** 9 **C** 10

> **Answer: C** 10
> **Why:** One more than 9 is 10.

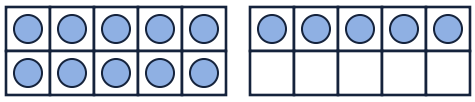
3. 8 dots are shaded and 2 are white. What is 8 + 2?



A 11 **B** 9 **C** 10

> **Answer: C** 10
> **Why:** 8 and 2 make ten.

4. There are 15 dots. Take away the 5 in the second frame. What is 15 - 5?



A 10 **B** 11 **C** 20

> **Answer: A** 10
> **Why:** Take the 5 ones away from 15 and ten is left.

5. There are 18 cookies. Kids eat 9. How many are left?

A 27 **B** 8 **C** 9

> **Answer: C** 9
> **Why:** Double 9 is 18, so 18 - 9 = 9.

6. There are 13 bikes. 4 are red and the rest are blue. How many are blue?

A 9 **B** 17 **C** 8

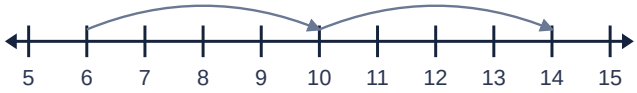
> **Answer: A** 9
> **Why:** 13 - 4 = 9.

7. When you count on to find 8 + 3, which numbers do you say?

A 8, 9, 10 **B** 10, 11, 12 **C** 9, 10, 11

> **Answer: C** 9, 10, 11
> **Why:** Start at 8 in your head and say 3 more numbers: 9, 10, 11.

8. Count up from 6 to 14. What is 14 - 6?



A 9 **B** 20 **C** 8

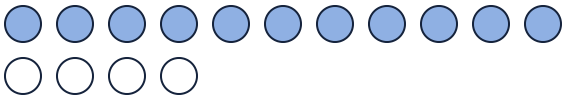
> **Answer: C** 8
> **Why:** Jump from 6 to 10 (4), then from 10 to 14 (4 more). 4 + 4 = 8, so 14 - 6 = 8.

9. Fill in: 7 + 8 = ? + 7

A 8 **B** 15 **C** 7

> **Answer: A** 8
> **Why:** Switching the order does not change the total. 7 + 8 = 8 + 7.

10. Lena has 11 shells (top row). Max has 4 (bottom row). How many more shells does Lena have than Max?



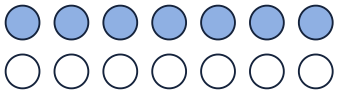
A 15 **B** 6 **C** 7

> **Answer: C** 7
> **Why:** 11 - 4 = 7. Or count on from 4 to 11.

④ You Try: 10 questions

Now your student works alone. Check answers in the Answer Key at the end of this topic. Score: ____ / 10

1. What is 7 + 7?

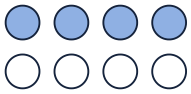


A 15 **B** 14 **C** 13

2. What is 10 - 4?

A 14 **B** 6 **C** 5

3. What is 4 + 4?



A 9 **B** 8 **C** 7

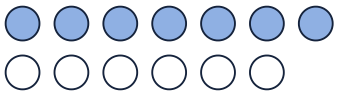
4. Lou read 6 books in May and 8 in June. How many books did he read in all?

A 14 **B** 2 **C** 13

5. What is 6 + 7 + 4?

A 17 **B** 13 **C** 16

6. What is 7 + 6?



A 12 **B** 13 **C** 14

7. Find the missing number: ? - 4 = 7

A 3 **B** 11 **C** 10

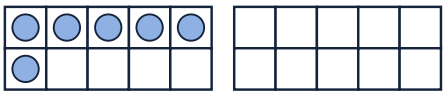
8. Nora had some stickers. She got 5 more. Now she has 12. How many did she have at first?

A 6 **B** 7 **C** 17

9. Sam says 8 + 4 is 11 because he counted 8, 9, 10, 11. What is the real answer?

A 13 **B** 12 **C** 11

10. Find the missing number: 6 + ? = 14. How many more dots make 14?



A 8 **B** 20 **C** 7

Addition and subtraction within 20: Answers and explanations

① Quick Check

1. What is 3 + 3?
   B 6
   Double 3 is 6.

2. Start at 9 and jump back 3. What is 9 - 3?
   B 6
   Count back 3 from 9: 8, 7, 6.

3. What is 11 - 1?
   A 10
   One less than 11 is 10.

4. What is 10 + 3?
   A 13
   Ten and 3 more is 13.

5. Write the fact family for 3, 8 and 11.
   3 + 8 = 11, 8 + 3 = 11, 11 - 3 = 8, 11 - 8 = 3
   11 is the whole. Two facts add the parts; two facts take a part away.

6. Is 7 + 2 = 8 true or false?
   C False
   7 + 2 = 9, not 8.

7. Find the missing number: 9 + ? = 12. How far is it from 9 to 12?
   C 3
   9 + 1 = 10, then 2 more is 12. 1 + 2 = 3.

8. What is 17 - 8?
   B 9
   Think: 8 + 9 = 17.

9. Ali has 5 red, 3 blue and 7 green cars. How many cars in all?
   B 15
   Make ten: 3 + 7 = 10, then 10 + 5 = 15.

10. Tom has 9 marbles. Kia has 4 more than Tom. How many does Kia have?
    B 13
    4 more than 9 is 9 + 4 = 13.

④ You Try

1. What is 7 + 7?

   B 14

   Double 7 is 14.

2. What is 10 - 4?

   B 6

   4 + 6 = 10, so 10 - 4 = 6.

3. What is 4 + 4?

   B 8

   Double 4 is 8.

4. Lou read 6 books in May and 8 in June. How many books did he read in all?

   A 14

   6 + 8: doubles plus two, 6 + 6 = 12, 12 + 2 = 14.

5. What is 6 + 7 + 4?

   A 17

   Make ten first: 6 + 4 = 10, then 10 + 7 = 17.

6. What is 7 + 6?

   B 13

   Doubles plus one: 6 + 6 = 12, and one more is 13.

7. Find the missing number: ? - 4 = 7

   B 11

   Put it back: 7 + 4 = 11.

8. Nora had some stickers. She got 5 more. Now she has 12. How many did she have at first?

   B 7

   Take away the 5 new ones: 12 - 5 = 7.

9. Sam says 8 + 4 is 11 because he counted 8, 9, 10, 11. What is the real answer?

   B 12

   Say 8 in your head, then count 4 more: 9, 10, 11, 12.

10. Find the missing number: 6 + ? = 14. How many more dots make 14?

    A 8

    6 + 4 = 10, then 4 more is 14. 4 + 4 = 8.

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2. Place value: tens and ones 1.NBT.B
3. Adding within 100 1.NBT.C
4. Measuring length 1.MD.A
5. Telling time 1.MD.B
6. Shapes and fair shares 1.G
7. Counting and writing to 120 1.NBT.A
8. Sorting data into three groups 1.MD.C

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One step at a time.

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