



WEEKLY MATHS PRACTICE PLANNER™

A clear, no-drama volume target
for busy parents

Why This Planner Exists

Problem:

Parents often say:

- "I know they need more maths practice... but how much is enough?"
- "We don't know which topics to focus on."
- "We don't know where to get good questions without buying 10 books."

So:

Some kids do random worksheets with no plan.

Others do nothing between tuition lessons because parents "don't want to overdo it".

This planner gives you:

- A simple weekly structure (how many questions per topic).
- A minimum practice volume that actually moves the needle.
- A list of free / low-cost places to get practice questions and past papers.
- A one-page Weekly Maths Plan you can reuse.

Designed for roughly Years 4–7 (Selective / OC / Scholarship track), but easily adapted up or down.

The "Minimum Effective Dose"

For a child aiming at selective / scholarship level, a realistic "minimum dose" is:

- **5 days/week** of short practice
- **20–30 minutes per day**, broken into topic blocks
- Roughly **15–25 questions per day** (depending on difficulty)

That's about:

80–120 questions per week, spread over key topics.

You can of course do more – but if you consistently hit this baseline with the right topics, you will see progress.

Core Topics to Hit Every Week

For Years 4–7, the most important recurring topics are:

Topic	Includes
1. Number & Arithmetic	Basic operations, integers, BIDMAS
2. Fractions, Decimals & Percentages	Conversions, operations, word problems
3. Word Problems & Reasoning	Multi-step problems, logical thinking
4. Measurement & Geometry	Area, perimeter, angles, shapes
5. Patterns, Algebra & Sequences	Number patterns, basic equations

You don't have to do all five every week, but aim for at least **3–4 of them**, with **Word Problems** in the mix every week.

Weekly Practice Template (Parent Overview)

WEEKLY MATHS PRACTICE PLAN (OVERVIEW)

Child's Name: _____

Week of: _____ / _____ / _____

Our goal this week:

- Light (60–80 questions)
- Standard (80–100 questions)
- Intensive (100–120+ questions)

Topic Targets

Topic	Min. Qs / week	Source(s)
1. Number & Arithmetic	20–30	_____
2. Fractions / Decimals / %	20–30	_____
3. Word Problems & Reasoning	20–30	_____
4. Measurement & Geometry	10–20	_____
5. Patterns, Algebra & Sequences	10–20	_____

Total target questions: _____

You can adjust up/down based on year level and existing workload.

Daily Practice Grid (To Fill In)

WEEKLY DAILY GRID

Day	Topics Today (tick 2–3)	Questions Done	Time Spent
Mon	■ Number ■ Fractions ■ Word probs ■ Meas/Geo ■ Algebra		
Tue	■ Number ■ Fractions ■ Word probs ■ Meas/Geo ■ Algebra		
Wed	■ Number ■ Fractions ■ Word probs ■ Meas/Geo ■ Algebra		
Thu	■ Number ■ Fractions ■ Word probs ■ Meas/Geo ■ Algebra		
Fri	■ Number ■ Fractions ■ Word probs ■ Meas/Geo ■ Algebra		
Sat	(Optional extra)		
Sun	(Rest / catch-up / review mistakes)		

At the end of each week, total up **Questions Done** so parents can see volume.

Where to Get Practice (Free / Low Cost)

You can list these for parents – they're all well-known, free (or freemium), and suitable for Years 4–7.

Note: Always pick the Australian curriculum / UK KS2-type content as closest fit to Selective level.

1. General Skills & Drills

NRICH (University of Cambridge) – problem-solving and reasoning tasks, rich word problems, challenge questions. Great for deeper thinking, not just drills.

Search for age group (e.g. "NRICH primary number problems").

Khan Academy – free, structured topic exercises and videos. Great for filling concept gaps in fractions, decimals, percentages, algebra basics.

Use the "Course" view for Grade 4–7 maths.

Transum – free activities, starter problems, and practice questions by topic (e.g. fractions, percentages, ratio, word problems).

2. Past Papers & Mixed Practice

NSW Education / sample NAPLAN / selective tests – sometimes sample questions or practice test packs are available publicly; these are good for mixed reasoning and multi-step problems.

UK KS2 SATs & 11+ practice papers – many are available free online (search "KS2 arithmetic papers PDF", "11+ maths sample papers"). Structures and difficulty levels are similar to Selective/OC style.

Model Week: "Standard" Plan (80–100 Questions)

Here's a concrete example parents can copy.

Example: Year 5 Selective Track – Standard Week

Goal: ~90 questions across 5 days.

Day	Plan
Mon	10 Number (Khan Academy) + 10 Fractions (Transum)
Tue	10 Word Problems (NRICH / KS2 word problems) + 5 Short Percentages
Wed	10 Fractions/Decimals conversion + 10 Ratios
Thu	10 Mixed Calculation (addition/subtraction/multiplication/division) + 5 Word Problems
Fri	10 Geometry/Measurement questions + 10 Algebra/pattern questions

Totals:

- Number & Arithmetic: ~20
- Fractions/Decimals/%/Ratio: ~35–40
- Word Problems & Reasoning: ~15–20
- Measurement/Geometry: ~10
- Patterns/Algebra: ~10

"Minimum Questions" Cheat Sheet by Topic

This page gives parents specific daily minimums when they're overwhelmed.

If you only have 20 minutes:

Aim for:

- One topic block of 10–15 questions, OR
- Two mini-blocks of 8–10 questions each.

Suggested daily splits (Years 4–7)

Topic	Minimum per Session
Number / Arithmetic	6–10 questions
Fractions / Decimals / %	6–10 questions
Word Problems	3–5 full problems (they take longer)
Measurement / Geometry	6–8 questions
Patterns / Algebra	6–8 questions

Example micro-plan for a Tuesday:

20 minutes

- 8 fraction questions (conversions / operations)
- 3 word problems (multi-step)

Mistake Review Box (Critical but Often Ignored)

Volume alone isn't enough; kids need to learn from mistakes.

Add this to the weekly planner:

WEEKLY MISTAKE REVIEW

1. Top 3 mistakes I keep making:

2. What I will do differently next week:

For Mistake 1: _____

For Mistake 2: _____

For Mistake 3: _____

3. One topic I want extra help with:

Parents can use this to decide where to:

- ask a tutor for help
- choose extra practice (e.g. more fractions questions next week)

Parent Script to Explain the Planner

Use this to introduce the planner to your child.

"Instead of random worksheets, we're going to use a simple weekly maths plan. It's not about doing hundreds of questions in one day; it's about doing a small, clear amount most days."

"Each week, we'll pick a target – light, standard or intensive – and choose how many questions we aim for in each topic. Once you hit your number for the day, you're done. No nagging, no surprises."

"Our main goals are:

- build up your maths stamina,*
- make sure we're touching the most important topics each week, and*
- keep track of how much practice you're actually doing."*

"If we keep hitting these weekly numbers for the next few months, you will be ahead of 90% of kids – not because you're magically smarter, but because your practice volume and consistency are strong."