Number and Letter Pyramids

These activities will help develop quick and accurate eye movements to aid improvements in reading.

- Stand with a relaxed and balanced posture holding worksheet “1” in both hands about 35cm from your eyes.
- Start with the number at the top of the worksheet. Then read out each pair of numbers until you reach the bottom of the page. This is your practice page.
- Now have someone time you as you repeat this page. Record in the attached table how long it took you to reach the bottom of the worksheet. Now repeat this page five times, recording how long it took you each time. Allow yourself a short break between each attempt.
- Once you have mastered the first page, repeat the above procedure for each subsequent page of numbers on worksheets 2 to 5. Do not progress to the next page until you can read out the numbers quickly without errors on the page you are working with.

Make sure that you don’t move your head or move the page during the exercise. You must not use your finger to keep your place!

Once you have mastered this you can proceed to worksheets 6 to 9 which are considerably more difficult.

Write down the time taken for each attempt in the table below:

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<th>Worksheet</th>
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