

計算の体幹トレーニング

小学生・中学生・高校生どの年代でも、「計算力」はとても大事です。

みなさんが、本書を見たとき必ずこう思うことでしょう。

「こんな問題余裕ができる。」「簡単すぎてやる意味ない。」「もっと難しい問題をやらないと。」
でも、よく考えてください。

大きな数や小数の筆算、分数の通分や約分、連立方程式や2次方程式、どんな複雑な計算でも、一つ一つを分解してよく見ると、実際に簡単な計算の組み合わせでできています。

本書は、その簡単な計算を“正確”かつ“速く”できるようになるためにつくられました。

そして、簡単な計算を徹底的に身に付けることで、「計算力」の基礎ができます。

この基礎計算力を確実に身に付けている人と、あやふやなままの人では、大きな差が生まれるのです。

“問題を見た瞬間に答えがわかる” レベルを目指して、毎日トレーニングしましょう。

※本書でいう簡単な計算とは、以下の5つです。

- ① たし算 (1桁+1桁)
- ② ひき算 (1桁-1桁)
- ③ ひき算 (2桁-1桁 ※くり下がりあり)
- ④ かけ算 (九九)
- ⑤わり算 (※九九ができる)

1ページ60問の内訳は、①~⑤と同じ割合（12問ずつ）で出題しています。

すべて満点をとれる問題ですので、単に正確に解くだけでなく、“いかに速く解けるか”を意識しましょう。毎回タイムを計って記録してください。前のページと問題は違いますがレベルは変わりませんので、昨日の自分のタイムを少しでも上まわれるよう頑張りましょう。

体幹トレーニング	1	学習日	かかった時間	Perfect!	
		8月23日	1分12秒	間ミス	
$1 + 3 =$	6	(21) $9 - 5 =$	4	(41) $8 \times 3 =$	24
$1 - 3 =$	6	(22) $45 - 8 =$	37	(42) $10 - 2 =$	8
$3 - 6 =$	7	(23) $3 \times 6 =$	18	(43) $4 + 9 =$	13
$1 + 2 =$	6	(24) $9 - 6 =$	3	(44) $9 - 2 =$	7
$14 \div 6 =$	9	(25) $7 + 6 =$	13	(45) $8 - 1 =$	7
$1 \times 8 =$	48	(26) $8 - 3 =$	5	(46) $25 - 7 =$	18
$1 + 3 =$	11	(27) $9 - 7 =$	2	(47) $24 \div 4 =$	6

計算の体幹トレーニング		学習日	かかった時間	Perfect!
		月 日	分 秒	問ミス

- (1) $15 \div 3 =$ (21) $42 \div 6 =$ (41) $7 - 4 =$
- (2) $5 + 4 =$ (22) $70 - 9 =$ (42) $5 \times 4 =$
- (3) $41 - 3 =$ (23) $3 + 2 =$ (43) $90 - 6 =$
- (4) $6 \times 9 =$ (24) $12 - 5 =$ (44) $4 + 9 =$
- (5) $8 + 2 =$ (25) $30 - 3 =$ (45) $22 - 6 =$
- (6) $8 \div 8 =$ (26) $18 \div 9 =$ (46) $4 \times 9 =$
- (7) $38 - 9 =$ (27) $4 + 5 =$ (47) $8 - 5 =$
- (8) $6 \div 2 =$ (28) $16 - 7 =$ (48) $5 + 6 =$
- (9) $3 \times 2 =$ (29) $2 + 9 =$ (49) $21 \div 7 =$
- (10) $2 + 3 =$ (30) $51 - 6 =$ (50) $8 - 2 =$
- (11) $4 \times 5 =$ (31) $5 \times 6 =$ (51) $8 \times 3 =$
- (12) $27 \div 9 =$ (32) $3 - 1 =$ (52) $53 - 5 =$
- (13) $9 - 3 =$ (33) $6 \times 6 =$ (53) $20 \div 5 =$
- (14) $6 + 6 =$ (34) $54 - 7 =$ (54) $8 + 3 =$
- (15) $16 \div 8 =$ (35) $30 \div 5 =$ (55) $6 - 3 =$
- (16) $1 - 1 =$ (36) $2 \times 3 =$ (56) $9 - 6 =$
- (17) $42 \div 7 =$ (37) $9 - 9 =$ (57) $83 - 6 =$
- (18) $5 + 8 =$ (38) $5 \times 8 =$ (58) $2 \times 9 =$
- (19) $5 - 3 =$ (39) $7 - 3 =$ (59) $6 - 2 =$
- (20) $8 \times 2 =$ (40) $6 + 9 =$ (60) $8 \div 2 =$

計算の体幹トレーニング

2

学習日	かかった時間	Perfect!
月	日	分 秒

(1) $32 - 7 =$

(21) $30 - 1 =$

(41) $1 + 7 =$

(2) $6 - 4 =$

(22) $14 \div 7 =$

(42) $9 + 5 =$

(3) $24 \div 4 =$

(23) $4 \times 8 =$

(43) $7 \times 3 =$

(4) $10 - 7 =$

(24) $4 + 8 =$

(44) $72 - 4 =$

(5) $8 \times 4 =$

(25) $7 - 3 =$

(45) $9 - 1 =$

(6) $7 + 9 =$

(26) $9 \times 5 =$

(46) $16 \div 4 =$

(7) $1 - 1 =$

(27) $4 \times 4 =$

(47) $7 - 7 =$

(8) $4 \div 2 =$

(28) $8 + 4 =$

(48) $45 \div 9 =$

(9) $6 \times 1 =$

(29) $9 \times 9 =$

(49) $60 - 5 =$

(10) $3 \div 3 =$

(30) $7 + 3 =$

(50) $41 - 5 =$

(11) $3 - 1 =$

(31) $2 + 1 =$

(51) $81 \div 9 =$

(12) $2 \times 1 =$

(32) $32 \div 8 =$

(52) $9 + 9 =$

(13) $7 - 2 =$

(33) $62 - 8 =$

(53) $1 \times 7 =$

(14) $40 \div 5 =$

(34) $2 - 1 =$

(54) $4 - 2 =$

(15) $8 - 2 =$

(35) $1 + 5 =$

(55) $21 - 4 =$

(16) $58 - 9 =$

(36) $7 - 6 =$

(56) $45 \div 5 =$

(17) $4 + 4 =$

(37) $8 - 8 =$

(57) $98 - 9 =$

(18) $63 \div 9 =$

(38) $6 + 1 =$

(58) $7 \times 9 =$

(19) $8 + 5 =$

(39) $1 \times 5 =$

(59) $24 - 6 =$

(20) $51 - 9 =$

(40) $8 \times 5 =$

(60) $5 \div 5 =$

計算の体幹トレーニング

3

学習日	かかった時間	Perfect!
月 日	分 秒	問ミス

(1) $1 \times 8 =$

(21) $7 - 2 =$

(41) $3 + 8 =$

(2) $55 - 7 =$

(22) $48 \div 8 =$

(42) $7 + 7 =$

(3) $1 + 8 =$

(23) $9 - 9 =$

(43) $96 - 7 =$

(4) $2 + 8 =$

(24) $10 \div 5 =$

(44) $63 \div 7 =$

(5) $7 \times 1 =$

(25) $8 - 7 =$

(45) $5 - 5 =$

(6) $64 - 9 =$

(26) $3 - 1 =$

(46) $3 + 7 =$

(7) $6 \times 8 =$

(27) $12 \div 2 =$

(47) $5 - 3 =$

(8) $4 - 1 =$

(28) $8 + 7 =$

(48) $28 \div 7 =$

(9) $8 \div 1 =$

(29) $9 \times 7 =$

(49) $7 + 6 =$

(10) $63 - 5 =$

(30) $4 \div 4 =$

(50) $60 - 7 =$

(11) $1 \times 3 =$

(31) $21 - 8 =$

(51) $9 \times 4 =$

(12) $5 - 2 =$

(32) $7 - 5 =$

(52) $84 - 8 =$

(13) $67 - 9 =$

(33) $30 \div 6 =$

(53) $8 \times 7 =$

(14) $2 \times 8 =$

(34) $3 \times 7 =$

(54) $7 \times 6 =$

(15) $36 \div 4 =$

(35) $8 - 4 =$

(55) $9 - 1 =$

(16) $9 + 7 =$

(36) $72 \div 8 =$

(56) $3 \times 8 =$

(17) $2 \div 2 =$

(37) $24 - 8 =$

(57) $7 + 1 =$

(18) $7 \times 7 =$

(38) $6 + 8 =$

(58) $62 - 6 =$

(19) $36 \div 6 =$

(39) $54 - 9 =$

(59) $2 + 5 =$

(20) $9 + 4 =$

(40) $3 - 3 =$

(60) $40 - 6 =$

学習日	かかった時間	Perfect!		
月	日	分	秒	問ミス

(1) $1 \times 7 =$

(21) $8 + 2 =$

(41) $3 \times 3 =$

(2) $81 \div 9 =$

(22) $73 - 9 =$

(42) $60 - 8 =$

(3) $3 \times 2 =$

(23) $1 \times 1 =$

(43) $6 - 1 =$

(4) $5 + 2 =$

(24) $32 \div 8 =$

(44) $7 \times 3 =$

(5) $20 \div 4 =$

(25) $1 - 1 =$

(45) $75 - 8 =$

(6) $9 - 8 =$

(26) $31 - 4 =$

(46) $30 - 5 =$

(7) $18 \div 3 =$

(27) $9 - 1 =$

(47) $9 \div 1 =$

(8) $6 \times 8 =$

(28) $9 + 9 =$

(48) $10 - 1 =$

(9) $5 + 5 =$

(29) $8 - 7 =$

(49) $7 - 7 =$

(10) $8 + 8 =$

(30) $28 \div 7 =$

(50) $2 \times 5 =$

(11) $5 \times 5 =$

(31) $7 - 6 =$

(51) $15 - 8 =$

(12) $65 - 8 =$

(32) $7 + 3 =$

(52) $8 \times 8 =$

(13) $6 + 8 =$

(33) $10 - 7 =$

(53) $5 - 1 =$

(14) $6 - 6 =$

(34) $7 + 8 =$

(54) $37 - 9 =$

(15) $42 \div 6 =$

(35) $3 + 2 =$

(55) $8 \times 2 =$

(16) $25 - 6 =$

(36) $1 \div 1 =$

(56) $3 + 3 =$

(17) $3 - 1 =$

(37) $5 \times 2 =$

(57) $16 - 8 =$

(18) $4 \div 2 =$

(38) $49 \div 7 =$

(58) $2 + 5 =$

(19) $6 - 5 =$

(39) $9 \times 9 =$

(59) $4 - 4 =$

(20) $6 \div 6 =$

(40) $1 + 1 =$

(60) $8 \div 8 =$

計算の体幹トレーニング

5

学習日	かかった時間	Perfect!
月 日	分 秒	問ミス

- (1) $5 - 2 =$ (21) $3 \times 8 =$ (41) $2 + 4 =$
- (2) $9 + 6 =$ (22) $4 - 1 =$ (42) $6 \div 3 =$
- (3) $5 - 4 =$ (23) $9 \times 6 =$ (43) $6 \times 1 =$
- (4) $4 \times 8 =$ (24) $7 + 9 =$ (44) $9 - 3 =$
- (5) $64 \div 8 =$ (25) $50 - 8 =$ (45) $24 \div 4 =$
- (6) $22 - 3 =$ (26) $3 \times 3 =$ (46) $42 - 9 =$
- (7) $2 \times 9 =$ (27) $25 \div 5 =$ (47) $3 + 6 =$
- (8) $6 - 3 =$ (28) $4 + 8 =$ (48) $65 - 9 =$
- (9) $12 - 3 =$ (29) $7 \times 9 =$ (49) $3 + 8 =$
- (10) $2 \times 4 =$ (30) $28 - 9 =$ (50) $53 - 7 =$
- (11) $9 - 5 =$ (31) $10 \div 2 =$ (51) $3 \times 2 =$
- (12) $8 \div 8 =$ (32) $8 - 5 =$ (52) $9 - 5 =$
- (13) $8 - 2 =$ (33) $40 \div 5 =$ (53) $3 + 2 =$
- (14) $20 - 4 =$ (34) $3 + 3 =$ (54) $50 - 2 =$
- (15) $16 \div 4 =$ (35) $12 \div 2 =$ (55) $6 + 4 =$
- (16) $1 \times 9 =$ (36) $3 \times 6 =$ (56) $46 - 7 =$
- (17) $8 - 4 =$ (37) $9 - 9 =$ (57) $6 \times 4 =$
- (18) $1 + 9 =$ (38) $2 + 9 =$ (58) $2 - 1 =$
- (19) $5 \div 1 =$ (39) $9 \div 1 =$ (59) $8 \div 2 =$
- (20) $6 + 1 =$ (40) $33 - 5 =$ (60) $12 - 9 =$

計算の体幹トレーニング

6

学習日	かかった時間	Perfect!		
		月	日	分

(1) $6 - 1 =$

(21) $6 - 3 =$

(41) $4 \div 4 =$

(2) $9 - 5 =$

(22) $7 \times 1 =$

(42) $1 + 7 =$

(3) $45 \div 9 =$

(23) $45 \div 5 =$

(43) $3 + 1 =$

(4) $51 - 5 =$

(24) $8 \times 5 =$

(44) $9 - 6 =$

(5) $2 \div 2 =$

(25) $44 - 9 =$

(45) $1 \times 7 =$

(6) $6 - 5 =$

(26) $3 \times 9 =$

(46) $12 \div 3 =$

(7) $16 \div 8 =$

(27) $2 - 2 =$

(47) $8 \div 4 =$

(8) $5 - 4 =$

(28) $8 + 5 =$

(48) $5 - 2 =$

(9) $30 \div 6 =$

(29) $20 - 6 =$

(49) $4 \div 2 =$

(10) $50 - 9 =$

(30) $14 \div 2 =$

(50) $3 \times 1 =$

(11) $8 \times 4 =$

(31) $41 - 5 =$

(51) $70 - 3 =$

(12) $5 - 3 =$

(32) $1 \times 3 =$

(52) $4 \times 9 =$

(13) $8 + 4 =$

(33) $1 + 8 =$

(53) $6 - 2 =$

(14) $94 - 6 =$

(34) $4 \times 3 =$

(54) $6 + 6 =$

(15) $9 - 1 =$

(35) $12 - 4 =$

(55) $10 - 3 =$

(16) $4 + 3 =$

(36) $6 \times 6 =$

(56) $4 \times 4 =$

(17) $14 \div 7 =$

(37) $81 - 8 =$

(57) $33 - 6 =$

(18) $4 + 9 =$

(38) $7 + 1 =$

(58) $4 + 4 =$

(19) $27 \div 9 =$

(39) $9 - 7 =$

(59) $1 \times 8 =$

(20) $1 + 3 =$

(40) $3 + 9 =$

(60) $92 - 4 =$

計算の体幹トレーニング

7

学習日	かかった時間	Perfect!
月	日	分 秒

- (1) $1+5=$ (21) $27 \div 9=$ (41) $9+2=$
 (2) $9-5=$ (22) $81-6=$ (42) $32-6=$
 (3) $4+3=$ (23) $4 \times 2=$ (43) $9-9=$
 (4) $47-9=$ (24) $1+2=$ (44) $1 \times 5=$
 (5) $3+2=$ (25) $8-5=$ (45) $8-8=$
 (6) $8 \times 7=$ (26) $1 \times 2=$ (46) $8+7=$
 (7) $3-3=$ (27) $51-3=$ (47) $70-8=$
 (8) $1+4=$ (28) $5-2=$ (48) $7 \div 7=$
 (9) $7-5=$ (29) $4 \times 3=$ (49) $2+8=$
 (10) $14 \div 2=$ (30) $62-7=$ (50) $3 \div 1=$
 (11) $6-1=$ (31) $4+2=$ (51) $8-3=$
 (12) $3 \times 2=$ (32) $62-5=$ (52) $2 \times 8=$
 (13) $8-6=$ (33) $1 \times 4=$ (53) $4+8=$
 (14) $16 \div 4=$ (34) $77-8=$ (54) $56 \div 7=$
 (15) $8-7=$ (35) $2 \times 7=$ (55) $31-3=$
 (16) $8 \div 8=$ (36) $2-2=$ (56) $8 \div 1=$
 (17) $12 \div 6=$ (37) $30-7=$ (57) $9 \times 2=$
 (18) $6 \times 6=$ (38) $2+7=$ (58) $6+6=$
 (19) $36-9=$ (39) $3 \div 3=$ (59) $61-3=$
 (20) $2 \div 1=$ (40) $48 \div 8=$ (60) $4 \times 8=$

学習日	かかった時間	Perfect!		
		月	日	分

- (1) $6+6=$ (21) $6-4=$ (41) $30 \div 5=$
- (2) $8-4=$ (22) $40-2=$ (42) $7 \times 4=$
- (3) $76-8=$ (23) $6 \times 8=$ (43) $9+4=$
- (4) $5-5=$ (24) $7+2=$ (44) $23-5=$
- (5) $9 \times 4=$ (25) $21-7=$ (45) $6+2=$
- (6) $4 \times 5=$ (26) $63 \div 7=$ (46) $24-5=$
- (7) $8-8=$ (27) $9-7=$ (47) $35 \div 5=$
- (8) $80-3=$ (28) $28 \div 7=$ (48) $8-3=$
- (9) $27 \div 9=$ (29) $9 \times 3=$ (49) $8+8=$
- (10) $6+8=$ (30) $9-4=$ (50) $54-9=$
- (11) $53-8=$ (31) $6+9=$ (51) $7 \times 2=$
- (12) $8 \times 8=$ (32) $51-6=$ (52) $38-9=$
- (13) $6 \times 2=$ (33) $24 \div 6=$ (53) $8+5=$
- (14) $15 \div 3=$ (34) $6-1=$ (54) $56 \div 8=$
- (15) $8-3=$ (35) $32 \div 4=$ (55) $36 \div 4=$
- (16) $6 \times 9=$ (36) $8 \times 5=$ (56) $7+6=$
- (17) $45 \div 9=$ (37) $7-2=$ (57) $40-4=$
- (18) $7+4=$ (38) $36-9=$ (58) $4+5=$
- (19) $6 \times 6=$ (39) $7 \times 6=$ (59) $49 \div 7=$
- (20) $9-2=$ (40) $2-1=$ (60) $9+3=$

計算の体幹トレーニング

9

学習日	かかった時間	Perfect!
月	日	分 秒

- (1) $4 \times 3 =$ (21) $8 - 1 =$ (41) $2 + 4 =$
 (2) $20 \div 4 =$ (22) $6 \div 3 =$ (42) $45 \div 5 =$
 (3) $2 - 2 =$ (23) $94 - 5 =$ (43) $8 + 2 =$
 (4) $8 \times 2 =$ (24) $5 \times 5 =$ (44) $2 \times 4 =$
 (5) $72 \div 8 =$ (25) $9 \div 9 =$ (45) $43 - 4 =$
 (6) $8 - 7 =$ (26) $9 - 4 =$ (46) $9 + 7 =$
 (7) $42 \div 6 =$ (27) $36 \div 4 =$ (47) $3 + 5 =$
 (8) $5 \times 7 =$ (28) $8 - 5 =$ (48) $66 - 8 =$
 (9) $4 + 3 =$ (29) $62 - 6 =$ (49) $6 + 3 =$
 (10) $6 - 3 =$ (30) $1 \times 3 =$ (50) $8 \times 4 =$
 (11) $5 + 5 =$ (31) $6 - 1 =$ (51) $5 + 7 =$
 (12) $9 \times 7 =$ (32) $24 \div 8 =$ (52) $6 \times 3 =$
 (13) $14 \div 2 =$ (33) $9 - 3 =$ (53) $56 - 9 =$
 (14) $3 - 2 =$ (34) $20 - 3 =$ (54) $6 \div 6 =$
 (15) $2 \div 2 =$ (35) $7 + 6 =$ (55) $71 - 8 =$
 (16) $11 - 6 =$ (36) $60 - 2 =$ (56) $8 + 4 =$
 (17) $4 - 3 =$ (37) $1 + 3 =$ (57) $21 \div 3 =$
 (18) $3 \times 5 =$ (38) $46 - 7 =$ (58) $70 - 3 =$
 (19) $71 - 6 =$ (39) $2 \times 5 =$ (59) $2 + 5 =$
 (20) $7 \times 6 =$ (40) $9 - 5 =$ (60) $6 - 4 =$

学習日	かかった時間	Perfect!		
		月	日	分

- (1) $5 \times 8 =$ (21) $90 - 5 =$ (41) $4 + 6 =$
- (2) $8 - 2 =$ (22) $8 \times 7 =$ (42) $6 - 1 =$
- (3) $9 + 7 =$ (23) $48 \div 8 =$ (43) $8 - 6 =$
- (4) $36 \div 4 =$ (24) $51 - 7 =$ (44) $55 - 6 =$
- (5) $58 - 9 =$ (25) $12 \div 4 =$ (45) $7 \times 1 =$
- (6) $7 \times 6 =$ (26) $5 - 1 =$ (46) $30 \div 5 =$
- (7) $4 + 1 =$ (27) $8 - 7 =$ (47) $9 - 6 =$
- (8) $9 - 9 =$ (28) $8 + 9 =$ (48) $5 + 5 =$
- (9) $61 - 8 =$ (29) $31 - 7 =$ (49) $4 \times 1 =$
- (10) $3 - 1 =$ (30) $8 + 7 =$ (50) $7 + 1 =$
- (11) $7 - 7 =$ (31) $30 \div 6 =$ (51) $70 - 1 =$
- (12) $6 \times 9 =$ (32) $6 - 4 =$ (52) $72 \div 8 =$
- (13) $10 \div 2 =$ (33) $90 - 2 =$ (53) $7 + 6 =$
- (14) $4 \times 6 =$ (34) $41 - 8 =$ (54) $20 \div 4 =$
- (15) $21 - 7 =$ (35) $15 \div 5 =$ (55) $5 + 2 =$
- (16) $9 - 4 =$ (36) $5 + 8 =$ (56) $5 - 5 =$
- (17) $5 \times 2 =$ (37) $6 + 9 =$ (57) $55 - 7 =$
- (18) $53 - 5 =$ (38) $21 \div 7 =$ (58) $3 + 6 =$
- (19) $54 \div 6 =$ (39) $9 \times 7 =$ (59) $18 \div 3 =$
- (20) $5 \times 5 =$ (40) $3 \times 6 =$ (60) $8 \times 9 =$

計算の体幹トレーニング		学習日	かかった時間	Perfect!
		月 日	分 秒	問ミス

- (1) $64 - 9 =$ (21) $40 \div 5 =$ (41) $2 \times 5 =$
- (2) $8 - 6 =$ (22) $4 \times 1 =$ (42) $6 + 5 =$
- (3) $7 + 9 =$ (23) $6 - 4 =$ (43) $51 - 3 =$
- (4) $2 + 5 =$ (24) $70 - 4 =$ (44) $12 \div 4 =$
- (5) $16 - 9 =$ (25) $35 \div 7 =$ (45) $7 - 5 =$
- (6) $2 \times 8 =$ (26) $7 - 7 =$ (46) $3 + 8 =$
- (7) $54 - 6 =$ (27) $6 \div 6 =$ (47) $4 \times 5 =$
- (8) $4 \times 4 =$ (28) $15 \div 3 =$ (48) $31 - 9 =$
- (9) $8 - 5 =$ (29) $7 + 5 =$ (49) $7 \times 5 =$
- (10) $36 \div 9 =$ (30) $40 - 5 =$ (50) $5 + 6 =$
- (11) $5 \times 6 =$ (31) $4 + 4 =$ (51) $4 - 1 =$
- (12) $4 - 4 =$ (32) $75 - 6 =$ (52) $40 - 8 =$
- (13) $2 + 8 =$ (33) $9 - 8 =$ (53) $20 \div 5 =$
- (14) $7 - 4 =$ (34) $7 + 8 =$ (54) $3 \times 8 =$
- (15) $27 \div 3 =$ (35) $9 - 7 =$ (55) $46 - 8 =$
- (16) $4 + 2 =$ (36) $51 - 2 =$ (56) $4 + 5 =$
- (17) $14 \div 7 =$ (37) $6 - 2 =$ (57) $12 \div 6 =$
- (18) $6 \times 5 =$ (38) $4 \times 2 =$ (58) $7 \times 9 =$
- (19) $8 \div 1 =$ (39) $14 - 6 =$ (59) $12 \div 2 =$
- (20) $4 + 1 =$ (40) $2 - 1 =$ (60) $7 \times 8 =$

学習日	かかった時間	Perfect!		
		月	日	分

(1) $11 - 3 =$

(21) $10 \div 5 =$

(41) $8 \times 2 =$

(2) $15 \div 5 =$

(22) $2 \times 2 =$

(42) $1 \times 6 =$

(3) $1 - 1 =$

(23) $50 - 7 =$

(43) $80 - 5 =$

(4) $2 \times 6 =$

(24) $4 - 1 =$

(44) $8 + 2 =$

(5) $72 \div 9 =$

(25) $4 \times 7 =$

(45) $3 \div 1 =$

(6) $2 - 2 =$

(26) $60 - 2 =$

(46) $16 - 9 =$

(7) $9 + 5 =$

(27) $9 \times 5 =$

(47) $27 \div 9 =$

(8) $1 + 6 =$

(28) $7 - 3 =$

(48) $9 - 1 =$

(9) $72 - 9 =$

(29) $1 + 4 =$

(49) $4 + 6 =$

(10) $9 + 8 =$

(30) $20 \div 5 =$

(50) $70 - 6 =$

(11) $7 - 5 =$

(31) $9 \times 8 =$

(51) $7 \div 1 =$

(12) $6 + 6 =$

(32) $1 \times 4 =$

(52) $5 - 2 =$

(13) $44 - 7 =$

(33) $4 \div 1 =$

(53) $63 \div 9 =$

(14) $3 - 2 =$

(34) $2 + 6 =$

(54) $2 + 2 =$

(15) $6 \div 1 =$

(35) $26 - 7 =$

(55) $4 + 7 =$

(16) $42 \div 6 =$

(36) $6 \times 6 =$

(56) $30 - 6 =$

(17) $8 - 7 =$

(37) $3 + 7 =$

(57) $3 \times 7 =$

(18) $4 \times 6 =$

(38) $5 - 3 =$

(58) $24 - 9 =$

(19) $5 + 6 =$

(39) $33 - 4 =$

(59) $5 \times 6 =$

(20) $6 - 5 =$

(40) $9 - 2 =$

(60) $16 \div 2 =$

計算の体幹トレーニング

| 3 |

学習日	かかった時間	Perfect!
月 日	分 秒	問ミス

(1) $9+5=$

(21) $8-1=$

(41) $1+4=$

(2) $1 \times 3=$

(22) $2-2=$

(42) $8-6=$

(3) $81-7=$

(23) $64-8=$

(43) $72 \div 9=$

(4) $3+5=$

(24) $1 \times 1=$

(44) $1+3=$

(5) $92-9=$

(25) $9-7=$

(45) $25-7=$

(6) $6 \div 2=$

(26) $63 \div 9=$

(46) $2 \times 3=$

(7) $25-9=$

(27) $8 \times 1=$

(47) $1 \times 4=$

(8) $8+1=$

(28) $91-5=$

(48) $10-4=$

(9) $1 \times 6=$

(29) $7 \div 7=$

(49) $7+6=$

(10) $9-5=$

(30) $9-2=$

(50) $45-9=$

(11) $3 \div 1=$

(31) $9 \times 5=$

(51) $7 \times 6=$

(12) $2+7=$

(32) $4 \div 1=$

(52) $9 \times 8=$

(13) $6-2=$

(33) $6-6=$

(53) $2-1=$

(14) $61-6=$

(34) $66-8=$

(54) $2 \times 7=$

(15) $2+3=$

(35) $1+1=$

(55) $36 \div 4=$

(16) $60-1=$

(36) $25 \div 5=$

(56) $7-1=$

(17) $7-5=$

(37) $7-4=$

(57) $3 \times 5=$

(18) $1 \div 1=$

(38) $6+4=$

(58) $2 \div 2=$

(19) $1+6=$

(39) $9 \div 9=$

(59) $80-8=$

(20) $9+8=$

(40) $40 \div 8=$

(60) $6 \times 4=$

学習日	かかった時間	Perfect!		
		月	日	分

(1) $9 - 1 =$

(21) $41 - 6 =$

(41) $2 \times 4 =$

(2) $63 \div 9 =$

(22) $5 - 4 =$

(42) $22 - 4 =$

(3) $4 + 1 =$

(23) $18 \div 3 =$

(43) $7 \div 7 =$

(4) $51 - 2 =$

(24) $5 - 3 =$

(44) $8 \times 6 =$

(5) $48 \div 6 =$

(25) $3 \div 1 =$

(45) $24 - 6 =$

(6) $9 - 7 =$

(26) $7 - 7 =$

(46) $6 - 4 =$

(7) $77 - 9 =$

(27) $5 \times 2 =$

(47) $6 \div 3 =$

(8) $5 + 2 =$

(28) $8 + 4 =$

(48) $8 + 1 =$

(9) $8 \times 5 =$

(29) $33 - 8 =$

(49) $2 \times 7 =$

(10) $7 - 5 =$

(30) $6 - 5 =$

(50) $45 \div 5 =$

(11) $50 - 2 =$

(31) $12 \div 3 =$

(51) $8 \times 8 =$

(12) $49 \div 7 =$

(32) $9 - 2 =$

(52) $60 - 4 =$

(13) $8 - 1 =$

(33) $2 - 2 =$

(53) $8 \times 1 =$

(14) $8 + 8 =$

(34) $3 + 2 =$

(54) $3 + 9 =$

(15) $94 - 7 =$

(35) $8 \times 4 =$

(55) $2 + 4 =$

(16) $9 + 5 =$

(36) $47 - 8 =$

(56) $3 \times 9 =$

(17) $5 - 5 =$

(37) $8 + 5 =$

(57) $11 - 5 =$

(18) $8 + 6 =$

(38) $8 \div 8 =$

(58) $3 \times 2 =$

(19) $12 \div 4 =$

(39) $85 - 6 =$

(59) $45 \div 9 =$

(20) $9 \times 5 =$

(40) $4 \times 1 =$

(60) $2 + 7 =$

計算の体幹トレーニング

15

学習日	かかった時間	Perfect!
月 日	分 秒	問ミス

(1) $18 \div 9 =$

(21) $7 \times 1 =$

(41) $96 - 9 =$

(2) $7 - 6 =$

(22) $9 - 5 =$

(42) $35 \div 5 =$

(3) $1 \times 7 =$

(23) $26 - 9 =$

(43) $7 - 1 =$

(4) $30 - 4 =$

(24) $8 - 7 =$

(44) $9 \times 6 =$

(5) $2 + 4 =$

(25) $8 - 1 =$

(45) $7 + 4 =$

(6) $8 - 3 =$

(26) $1 + 6 =$

(46) $30 \div 6 =$

(7) $5 - 1 =$

(27) $28 \div 4 =$

(47) $6 + 2 =$

(8) $9 \times 5 =$

(28) $9 + 6 =$

(48) $6 - 5 =$

(9) $36 \div 6 =$

(29) $96 - 8 =$

(49) $63 - 4 =$

(10) $40 - 7 =$

(30) $6 \times 7 =$

(50) $5 + 4 =$

(11) $4 \div 2 =$

(31) $1 \times 6 =$

(51) $64 \div 8 =$

(12) $91 - 3 =$

(32) $40 - 1 =$

(52) $7 \times 4 =$

(13) $7 \times 7 =$

(33) $5 \times 6 =$

(53) $6 - 2 =$

(14) $6 + 7 =$

(34) $7 + 7 =$

(54) $6 \div 3 =$

(15) $8 - 8 =$

(35) $20 \div 5 =$

(55) $90 - 4 =$

(16) $6 \times 2 =$

(36) $4 - 2 =$

(56) $4 \div 1 =$

(17) $52 - 9 =$

(37) $2 \times 4 =$

(57) $9 + 5 =$

(18) $24 \div 6 =$

(38) $5 + 6 =$

(58) $91 - 8 =$

(19) $8 - 4 =$

(39) $56 - 7 =$

(59) $5 \times 4 =$

(20) $63 \div 9 =$

(40) $1 + 7 =$

(60) $7 + 1 =$

学習日	かかった時間	Perfect!		
		月	日	分

(1) $65 - 8 =$

(21) $1 \div 1 =$

(41) $9 - 8 =$

(2) $3 \times 2 =$

(22) $6 + 3 =$

(42) $8 \times 4 =$

(3) $6 - 5 =$

(23) $7 \times 9 =$

(43) $7 - 1 =$

(4) $64 \div 8 =$

(24) $22 - 9 =$

(44) $40 \div 5 =$

(5) $3 + 2 =$

(25) $7 + 9 =$

(45) $9 \times 6 =$

(6) $9 \times 5 =$

(26) $72 \div 8 =$

(46) $36 \div 9 =$

(7) $63 \div 9 =$

(27) $7 + 8 =$

(47) $9 \times 7 =$

(8) $7 \times 6 =$

(28) $9 + 8 =$

(48) $97 - 8 =$

(9) $8 \div 8 =$

(29) $6 - 6 =$

(49) $9 - 3 =$

(10) $9 + 7 =$

(30) $42 - 8 =$

(50) $24 \div 8 =$

(11) $60 - 4 =$

(31) $1 - 1 =$

(51) $1 + 1 =$

(12) $9 + 5 =$

(32) $8 + 4 =$

(52) $48 \div 6 =$

(13) $3 - 2 =$

(33) $72 - 6 =$

(53) $5 - 3 =$

(14) $1 \times 1 =$

(34) $22 - 3 =$

(54) $9 \times 8 =$

(15) $45 \div 5 =$

(35) $7 + 6 =$

(55) $80 - 6 =$

(16) $6 - 1 =$

(36) $6 \times 3 =$

(56) $7 - 7 =$

(17) $43 - 5 =$

(37) $81 - 2 =$

(57) $8 + 6 =$

(18) $9 + 6 =$

(38) $6 - 2 =$

(58) $72 \div 9 =$

(19) $74 - 7 =$

(39) $36 \div 4 =$

(59) $7 \times 8 =$

(20) $7 - 3 =$

(40) $8 \times 6 =$

(60) $74 - 9 =$

計算の体幹トレーニング

| 7

学習日	かかった時間	Perfect!
月 日	分 秒	問ミス

- (1) $7 \div 7 =$ (21) $1 + 5 =$ (41) $2 \times 7 =$
- (2) $9 - 6 =$ (22) $28 \div 4 =$ (42) $8 + 9 =$
- (3) $33 - 8 =$ (23) $7 - 1 =$ (43) $1 + 1 =$
- (4) $4 \div 4 =$ (24) $8 \times 9 =$ (44) $23 - 6 =$
- (5) $1 \times 5 =$ (25) $10 - 5 =$ (45) $5 + 2 =$
- (6) $30 \div 5 =$ (26) $3 \div 3 =$ (46) $1 + 8 =$
- (7) $6 + 7 =$ (27) $24 - 7 =$ (47) $35 - 9 =$
- (8) $8 - 2 =$ (28) $5 - 5 =$ (48) $4 \times 7 =$
- (9) $16 \div 2 =$ (29) $6 \times 7 =$ (49) $64 \div 8 =$
- (10) $4 - 1 =$ (30) $6 - 3 =$ (50) $6 + 9 =$
- (11) $6 + 3 =$ (31) $73 - 6 =$ (51) $43 - 7 =$
- (12) $83 - 4 =$ (32) $2 + 7 =$ (52) $9 - 9 =$
- (13) $9 + 6 =$ (33) $87 - 8 =$ (53) $54 \div 6 =$
- (14) $54 - 8 =$ (34) $1 \times 8 =$ (54) $4 \times 4 =$
- (15) $1 \times 1 =$ (35) $5 - 2 =$ (55) $9 - 5 =$
- (16) $4 - 3 =$ (36) $18 \div 3 =$ (56) $24 \div 8 =$
- (17) $5 \times 2 =$ (37) $9 \times 6 =$ (57) $4 + 4 =$
- (18) $14 \div 7 =$ (38) $86 - 7 =$ (58) $1 \div 1 =$
- (19) $6 \times 3 =$ (39) $5 - 4 =$ (59) $44 - 9 =$
- (20) $7 - 7 =$ (40) $4 + 7 =$ (60) $6 \times 9 =$

学習日	かかった時間	Perfect!
月	日	分 秒

(1) $45 \div 9 =$

(21) $30 \div 6 =$

(41) $9 - 9 =$

(2) $4 \times 9 =$

(22) $6 - 2 =$

(42) $40 \div 8 =$

(3) $72 - 8 =$

(23) $3 \times 7 =$

(43) $6 \times 4 =$

(4) $7 + 1 =$

(24) $4 - 3 =$

(44) $8 + 5 =$

(5) $3 + 7 =$

(25) $4 - 2 =$

(45) $22 - 4 =$

(6) $28 - 9 =$

(26) $70 - 9 =$

(46) $6 \div 6 =$

(7) $9 - 4 =$

(27) $6 + 5 =$

(47) $9 - 8 =$

(8) $2 \times 5 =$

(28) $7 - 4 =$

(48) $49 \div 7 =$

(9) $35 - 6 =$

(29) $27 \div 3 =$

(49) $1 + 9 =$

(10) $4 - 4 =$

(30) $2 - 2 =$

(50) $16 \div 8 =$

(11) $5 \div 1 =$

(31) $7 \times 1 =$

(51) $7 - 6 =$

(12) $6 + 4 =$

(32) $54 - 5 =$

(52) $4 + 9 =$

(13) $77 - 9 =$

(33) $6 \times 7 =$

(53) $76 - 8 =$

(14) $10 \div 5 =$

(34) $30 - 5 =$

(54) $24 \div 3 =$

(15) $1 \times 9 =$

(35) $6 \times 5 =$

(55) $6 + 7 =$

(16) $9 - 2 =$

(36) $8 \times 1 =$

(56) $8 \times 5 =$

(17) $25 \div 5 =$

(37) $8 + 8 =$

(57) $5 + 9 =$

(18) $8 + 1 =$

(38) $28 \div 4 =$

(58) $31 - 8 =$

(19) $5 \times 9 =$

(39) $8 - 5 =$

(59) $2 + 5 =$

(20) $37 - 8 =$

(40) $8 \times 8 =$

(60) $21 - 2 =$

計算の体幹トレーニング

19

学習日	かかった時間	Perfect!
月	日	分 秒

- (1) $6 \times 5 =$ (21) $6 + 5 =$ (41) $36 \div 9 =$
- (2) $48 \div 8 =$ (22) $35 - 8 =$ (42) $7 \times 8 =$
- (3) $9 - 9 =$ (23) $5 \times 8 =$ (43) $5 + 8 =$
- (4) $7 \times 4 =$ (24) $35 \div 5 =$ (44) $21 \div 7 =$
- (5) $9 \div 3 =$ (25) $3 + 4 =$ (45) $35 - 7 =$
- (6) $12 - 7 =$ (26) $6 + 2 =$ (46) $6 + 1 =$
- (7) $3 \times 9 =$ (27) $41 - 8 =$ (47) $71 - 2 =$
- (8) $9 - 7 =$ (28) $7 + 8 =$ (48) $5 + 1 =$
- (9) $24 \div 4 =$ (29) $9 - 4 =$ (49) $72 - 8 =$
- (10) $8 \times 7 =$ (30) $7 + 4 =$ (50) $5 - 1 =$
- (11) $18 \div 2 =$ (31) $1 + 2 =$ (51) $3 \times 4 =$
- (12) $8 - 1 =$ (32) $25 - 8 =$ (52) $6 - 5 =$
- (13) $40 - 8 =$ (33) $5 \times 1 =$ (53) $17 - 9 =$
- (14) $6 \times 2 =$ (34) $8 - 2 =$ (54) $12 \div 3 =$
- (15) $6 - 6 =$ (35) $27 \div 3 =$ (55) $9 - 1 =$
- (16) $80 - 7 =$ (36) $1 \times 2 =$ (56) $74 - 5 =$
- (17) $9 + 7 =$ (37) $5 - 5 =$ (57) $8 + 7 =$
- (18) $4 - 3 =$ (38) $6 - 4 =$ (58) $2 \div 1 =$
- (19) $6 \times 1 =$ (39) $32 - 3 =$ (59) $9 \times 7 =$
- (20) $24 \div 6 =$ (40) $3 + 9 =$ (60) $72 \div 8 =$

計算の体幹トレーニング

20

学習日	かかった時間	Perfect!
		問ミス
月	日	分 秒

(1) $4 \div 4 =$

(21) $3 \times 9 =$

(41) $1 - 1 =$

(2) $68 - 9 =$

(22) $5 + 8 =$

(42) $93 - 6 =$

(3) $7 + 9 =$

(23) $18 \div 2 =$

(43) $6 + 7 =$

(4) $1 + 8 =$

(24) $7 + 5 =$

(44) $40 \div 5 =$

(5) $16 \div 4 =$

(25) $74 - 6 =$

(45) $1 + 4 =$

(6) $6 \times 7 =$

(26) $7 \times 9 =$

(46) $14 - 7 =$

(7) $4 \times 6 =$

(27) $12 \div 3 =$

(47) $3 + 9 =$

(8) $10 - 8 =$

(28) $7 \times 8 =$

(48) $9 - 2 =$

(9) $4 - 4 =$

(29) $17 - 9 =$

(49) $28 \div 4 =$

(10) $9 - 8 =$

(30) $2 - 2 =$

(50) $5 - 3 =$

(11) $1 \times 4 =$

(31) $37 - 8 =$

(51) $6 \times 4 =$

(12) $4 + 6 =$

(32) $14 - 9 =$

(52) $7 - 3 =$

(13) $15 - 7 =$

(33) $5 \times 1 =$

(53) $8 - 6 =$

(14) $5 - 1 =$

(34) $9 \div 3 =$

(54) $15 \div 5 =$

(15) $6 + 4 =$

(35) $3 \div 1 =$

(55) $3 + 4 =$

(16) $21 \div 7 =$

(36) $62 - 7 =$

(56) $36 - 7 =$

(17) $3 - 1 =$

(37) $4 - 2 =$

(57) $4 \times 8 =$

(18) $3 \times 4 =$

(38) $25 \div 5 =$

(58) $5 + 1 =$

(19) $50 - 4 =$

(39) $4 + 8 =$

(59) $35 \div 7 =$

(20) $5 \times 8 =$

(40) $9 - 6 =$

(60) $7 \times 5 =$

計算の体幹トレーニング

21

学習日	かかった時間	Perfect!
月 日	分 秒	問ミス

(1) $94 - 8 =$

(21) $6 + 2 =$

(41) $3 \times 4 =$

(2) $2 + 2 =$

(22) $44 - 6 =$

(42) $25 - 7 =$

(3) $6 - 2 =$

(23) $2 \times 2 =$

(43) $1 + 5 =$

(4) $24 \div 6 =$

(24) $8 - 4 =$

(44) $6 \times 2 =$

(5) $7 - 6 =$

(25) $10 - 9 =$

(45) $1 \div 1 =$

(6) $6 \div 2 =$

(26) $4 \times 8 =$

(46) $48 \div 8 =$

(7) $4 \times 3 =$

(27) $16 \div 4 =$

(47) $8 + 7 =$

(8) $6 - 1 =$

(28) $1 \times 5 =$

(48) $1 \times 9 =$

(9) $12 \div 6 =$

(29) $4 + 3 =$

(49) $8 - 2 =$

(10) $6 - 3 =$

(30) $8 - 1 =$

(50) $2 + 3 =$

(11) $4 \times 2 =$

(31) $8 \times 7 =$

(51) $63 - 8 =$

(12) $1 + 1 =$

(32) $31 - 5 =$

(52) $2 \div 2 =$

(13) $14 \div 2 =$

(33) $3 + 4 =$

(53) $9 - 5 =$

(14) $4 + 2 =$

(34) $3 - 1 =$

(54) $7 - 4 =$

(15) $9 - 2 =$

(35) $1 \times 3 =$

(55) $72 - 5 =$

(16) $63 - 9 =$

(36) $4 + 8 =$

(56) $5 \div 1 =$

(17) $1 \times 1 =$

(37) $70 - 2 =$

(57) $33 - 5 =$

(18) $3 \div 3 =$

(38) $1 + 9 =$

(58) $1 + 3 =$

(19) $32 - 6 =$

(39) $2 \times 3 =$

(59) $9 \div 3 =$

(20) $6 \div 1 =$

(40) $7 - 3 =$

(60) $25 - 9 =$

学習日	かかった時間	Perfect!
月	日	分 秒

(1) $4 \times 8 =$ (21) $15 \div 3 =$ (41) $72 \div 8 =$

(2) $65 - 6 =$ (22) $5 - 1 =$ (42) $8 - 2 =$

(3) $8 \div 1 =$ (23) $2 \times 8 =$ (43) $40 - 3 =$

(4) $2 + 9 =$ (24) $8 - 1 =$ (44) $4 \times 5 =$

(5) $9 - 5 =$ (25) $5 \times 9 =$ (45) $8 - 3 =$

(6) $3 + 7 =$ (26) $40 - 2 =$ (46) $13 - 7 =$

(7) $4 \times 1 =$ (27) $8 \div 2 =$ (47) $4 + 5 =$

(8) $43 - 4 =$ (28) $4 + 8 =$ (48) $32 \div 4 =$

(9) $7 \times 3 =$ (29) $70 - 5 =$ (49) $9 \times 7 =$

(10) $6 \div 1 =$ (30) $9 + 7 =$ (50) $10 \div 5 =$

(11) $47 - 9 =$ (31) $7 \times 2 =$ (51) $7 + 2 =$

(12) $3 \times 7 =$ (32) $12 \div 4 =$ (52) $13 - 4 =$

(13) $4 + 1 =$ (33) $18 - 9 =$ (53) $6 + 8 =$

(14) $32 \div 8 =$ (34) $9 - 7 =$ (54) $9 - 1 =$

(15) $5 - 2 =$ (35) $73 - 5 =$ (55) $2 + 8 =$

(16) $7 + 3 =$ (36) $2 + 2 =$ (56) $16 \div 4 =$

(17) $87 - 9 =$ (37) $11 - 3 =$ (57) $6 - 6 =$

(18) $6 \times 8 =$ (38) $9 + 2 =$ (58) $2 \times 2 =$

(19) $2 - 2 =$ (39) $28 \div 7 =$ (59) $24 \div 3 =$

(20) $2 \times 9 =$ (40) $3 - 3 =$ (60) $9 - 6 =$

計算の体幹トレーニング	23	学習日	かかった時間	Perfect!
		月 日	分 秒	問ミス

- (1) $9 - 5 =$ (21) $9 \times 3 =$ (41) $7 \times 9 =$
- (2) $3 \times 8 =$ (22) $40 - 9 =$ (42) $9 \div 9 =$
- (3) $54 - 8 =$ (23) $3 - 3 =$ (43) $9 + 3 =$
- (4) $2 + 1 =$ (24) $9 \div 3 =$ (44) $28 \div 4 =$
- (5) $4 \times 5 =$ (25) $3 + 8 =$ (45) $62 - 5 =$
- (6) $15 \div 3 =$ (26) $5 - 4 =$ (46) $3 \times 1 =$
- (7) $6 - 1 =$ (27) $12 \div 2 =$ (47) $1 - 1 =$
- (8) $3 - 2 =$ (28) $3 \times 4 =$ (48) $7 \times 3 =$
- (9) $7 + 9 =$ (29) $50 - 1 =$ (49) $56 \div 8 =$
- (10) $5 - 1 =$ (30) $8 + 8 =$ (50) $7 + 3 =$
- (11) $95 - 9 =$ (31) $6 \times 7 =$ (51) $67 - 9 =$
- (12) $3 + 4 =$ (32) $23 - 5 =$ (52) $1 \times 2 =$
- (13) $32 \div 8 =$ (33) $9 - 8 =$ (53) $49 \div 7 =$
- (14) $3 + 5 =$ (34) $1 + 2 =$ (54) $2 \times 1 =$
- (15) $8 - 4 =$ (35) $40 \div 5 =$ (55) $7 - 2 =$
- (16) $6 + 7 =$ (36) $4 - 2 =$ (56) $5 \div 5 =$
- (17) $55 - 9 =$ (37) $8 \div 4 =$ (57) $63 - 7 =$
- (18) $2 \div 1 =$ (38) $6 - 3 =$ (58) $8 \times 8 =$
- (19) $3 \times 5 =$ (39) $4 + 5 =$ (59) $3 + 1 =$
- (20) $31 - 6 =$ (40) $31 - 5 =$ (60) $86 - 8 =$

学習日	かかった時間	Perfect!
月	日	分 秒

(1) $9+8=$

(21) $5+1=$

(41) $18 \div 2=$

(2) $15 \div 5=$

(22) $15-8=$

(42) $6 \times 8=$

(3) $4-3=$

(23) $5 \times 2=$

(43) $24 \div 6=$

(4) $3 \times 3=$

(24) $36 \div 4=$

(44) $2+7=$

(5) $2-2=$

(25) $4-2=$

(45) $40-6=$

(6) $30-2=$

(26) $18 \div 3=$

(46) $1-1=$

(7) $4+6=$

(27) $5 \times 1=$

(47) $9 \div 1=$

(8) $91-9=$

(28) $6 \div 1=$

(48) $7+6=$

(9) $9 \times 4=$

(29) $2 \times 7=$

(49) $72 \div 9=$

(10) $7+1=$

(30) $86-9=$

(50) $6+2=$

(11) $30-7=$

(31) $7-6=$

(51) $7 \times 1=$

(12) $6+8=$

(32) $31-4=$

(52) $6-5=$

(13) $9-4=$

(33) $4 \times 6=$

(53) $43-5=$

(14) $2+2=$

(34) $6-2=$

(54) $2 \times 2=$

(15) $40-1=$

(35) $9-1=$

(55) $9 \times 8=$

(16) $7 \times 6=$

(36) $63 \div 7=$

(56) $35-8=$

(17) $61-5=$

(37) $5+2=$

(57) $1+4=$

(18) $9+4=$

(38) $28 \div 7=$

(58) $6 \times 2=$

(19) $33-7=$

(39) $7 \div 7=$

(59) $30 \div 6=$

(20) $4-4=$

(40) $7-4=$

(60) $6-3=$

計算の体幹トレーニング

25

学習日	かかった時間	Perfect!
月	日	分 秒

(1) $21 \div 7 =$

(21) $49 \div 7 =$

(41) $2 \times 2 =$

(2) $1 + 5 =$

(22) $8 \times 8 =$

(42) $4 \times 5 =$

(3) $4 + 1 =$

(23) $7 + 8 =$

(43) $42 - 5 =$

(4) $32 - 4 =$

(24) $3 \div 3 =$

(44) $8 - 2 =$

(5) $9 \times 6 =$

(25) $24 - 7 =$

(45) $64 \div 8 =$

(6) $5 - 3 =$

(26) $8 - 3 =$

(46) $21 - 5 =$

(7) $15 \div 3 =$

(27) $2 + 2 =$

(47) $4 \times 1 =$

(8) $9 + 6 =$

(28) $94 - 9 =$

(48) $70 - 5 =$

(9) $6 - 4 =$

(29) $1 - 1 =$

(49) $6 \div 1 =$

(10) $56 \div 7 =$

(30) $9 + 2 =$

(50) $27 - 9 =$

(11) $7 - 7 =$

(31) $4 - 2 =$

(51) $3 - 1 =$

(12) $1 + 8 =$

(32) $12 \div 4 =$

(52) $5 \times 8 =$

(13) $7 \times 4 =$

(33) $1 \times 8 =$

(53) $7 + 4 =$

(14) $21 - 9 =$

(34) $6 - 6 =$

(54) $82 - 5 =$

(15) $1 \times 5 =$

(35) $4 \div 4 =$

(55) $8 - 6 =$

(16) $2 + 4 =$

(36) $34 - 9 =$

(56) $6 \div 3 =$

(17) $30 - 4 =$

(37) $2 \times 4 =$

(57) $5 - 4 =$

(18) $4 + 5 =$

(38) $8 + 8 =$

(58) $5 + 8 =$

(19) $9 \times 2 =$

(39) $36 \div 9 =$

(59) $35 \div 5 =$

(20) $7 - 2 =$

(40) $26 - 8 =$

(60) $7 \times 8 =$

学習日	かかった時間	Perfect!		
		月	日	分

(1) $1 - 1 =$

(21) $3 + 1 =$

(41) $6 + 9 =$

(2) $4 \times 9 =$

(22) $16 \div 8 =$

(42) $27 \div 3 =$

(3) $83 - 7 =$

(23) $6 \times 5 =$

(43) $7 + 1 =$

(4) $5 + 5 =$

(24) $73 - 5 =$

(44) $73 - 7 =$

(5) $2 \times 6 =$

(25) $9 - 7 =$

(45) $5 \times 5 =$

(6) $16 \div 2 =$

(26) $6 \times 8 =$

(46) $20 \div 4 =$

(7) $8 + 6 =$

(27) $5 - 2 =$

(47) $7 + 4 =$

(8) $60 - 6 =$

(28) $48 \div 6 =$

(48) $16 - 8 =$

(9) $7 \times 4 =$

(29) $7 - 7 =$

(49) $7 \div 1 =$

(10) $4 + 4 =$

(30) $9 - 5 =$

(50) $4 \times 4 =$

(11) $52 - 3 =$

(31) $30 \div 6 =$

(51) $8 \div 4 =$

(12) $4 + 9 =$

(32) $6 + 8 =$

(52) $55 - 6 =$

(13) $8 - 1 =$

(33) $4 + 7 =$

(53) $4 \times 7 =$

(14) $30 \div 5 =$

(34) $6 \times 9 =$

(54) $7 - 2 =$

(15) $3 \times 1 =$

(35) $54 - 6 =$

(55) $14 \div 7 =$

(16) $2 + 6 =$

(36) $3 - 1 =$

(56) $8 \times 6 =$

(17) $14 - 8 =$

(37) $32 - 7 =$

(57) $4 - 2 =$

(18) $35 \div 5 =$

(38) $4 - 4 =$

(58) $74 - 5 =$

(19) $3 - 3 =$

(39) $28 \div 7 =$

(59) $11 - 7 =$

(20) $6 + 5 =$

(40) $7 \times 1 =$

(60) $7 - 6 =$

学習日	かかった時間	Perfect!
月 日	分 秒	問ミス

(1) $66 - 9 =$

(21) $6 \times 8 =$

(41) $61 - 4 =$

(2) $8 \div 4 =$

(22) $21 - 9 =$

(42) $8 \div 2 =$

(3) $9 - 5 =$

(23) $1 + 4 =$

(43) $4 \times 5 =$

(4) $28 \div 7 =$

(24) $62 - 9 =$

(44) $6 + 1 =$

(5) $5 \times 5 =$

(25) $1 \times 6 =$

(45) $9 \times 3 =$

(6) $4 - 4 =$

(26) $28 \div 4 =$

(46) $32 - 8 =$

(7) $3 + 5 =$

(27) $9 + 3 =$

(47) $4 \div 1 =$

(8) $52 - 8 =$

(28) $6 - 6 =$

(48) $2 \times 9 =$

(9) $2 + 9 =$

(29) $12 - 8 =$

(49) $10 \div 2 =$

(10) $6 \times 1 =$

(30) $3 \times 5 =$

(50) $1 + 6 =$

(11) $5 - 1 =$

(31) $6 + 7 =$

(51) $24 \div 4 =$

(12) $30 - 9 =$

(32) $56 \div 8 =$

(52) $3 \times 1 =$

(13) $6 - 1 =$

(33) $8 - 3 =$

(53) $6 - 3 =$

(14) $6 \times 7 =$

(34) $3 \times 6 =$

(54) $3 \div 1 =$

(15) $8 - 1 =$

(35) $44 - 5 =$

(55) $37 - 9 =$

(16) $4 + 5 =$

(36) $1 \times 4 =$

(56) $9 \div 9 =$

(17) $20 \div 4 =$

(37) $6 + 8 =$

(57) $9 - 7 =$

(18) $7 - 2 =$

(38) $50 - 1 =$

(58) $15 \div 3 =$

(19) $73 - 4 =$

(39) $3 + 6 =$

(59) $5 + 5 =$

(20) $3 + 1 =$

(40) $5 - 5 =$

(60) $3 - 2 =$

学習日	かかった時間	Perfect!
月	日	分 秒

(1) $9 - 3 =$

(21) $82 - 9 =$

(41) $10 \div 2 =$

(2) $8 + 8 =$

(22) $9 \div 3 =$

(42) $3 - 3 =$

(3) $20 \div 4 =$

(23) $7 - 2 =$

(43) $6 \times 8 =$

(4) $6 \times 9 =$

(24) $26 - 9 =$

(44) $3 + 4 =$

(5) $1 + 3 =$

(25) $6 - 2 =$

(45) $28 \div 7 =$

(6) $20 - 8 =$

(26) $3 \times 4 =$

(46) $1 + 6 =$

(7) $8 - 4 =$

(27) $2 - 1 =$

(47) $41 - 9 =$

(8) $2 + 6 =$

(28) $5 + 5 =$

(48) $6 + 9 =$

(9) $1 \times 6 =$

(29) $24 \div 8 =$

(49) $50 - 4 =$

(10) $7 - 5 =$

(30) $6 + 8 =$

(50) $7 + 2 =$

(11) $76 - 7 =$

(31) $7 \div 1 =$

(51) $30 \div 5 =$

(12) $3 + 6 =$

(32) $8 + 4 =$

(52) $7 \times 2 =$

(13) $34 - 6 =$

(33) $32 \div 4 =$

(53) $20 - 9 =$

(14) $6 \times 3 =$

(34) $8 - 7 =$

(54) $6 + 3 =$

(15) $45 \div 5 =$

(35) $6 \div 6 =$

(55) $5 \times 5 =$

(16) $5 \times 4 =$

(36) $50 - 6 =$

(56) $49 \div 7 =$

(17) $46 - 8 =$

(37) $8 \times 8 =$

(57) $7 - 3 =$

(18) $8 \times 4 =$

(38) $8 - 2 =$

(58) $4 - 2 =$

(19) $4 \div 1 =$

(39) $2 \times 6 =$

(59) $73 - 8 =$

(20) $5 - 4 =$

(40) $91 - 4 =$

(60) $3 \times 6 =$

学習日	かかった時間	Perfect!
月 日	分 秒	問ミス

(1) $7 \div 1 =$

(21) $3 - 1 =$

(41) $3 \times 5 =$

(2) $4 - 2 =$

(22) $20 \div 5 =$

(42) $42 \div 7 =$

(3) $2 + 4 =$

(23) $8 + 3 =$

(43) $1 + 8 =$

(4) $64 - 5 =$

(24) $64 - 7 =$

(44) $3 + 6 =$

(5) $1 \times 8 =$

(25) $6 - 1 =$

(45) $7 - 4 =$

(6) $9 + 6 =$

(26) $9 \times 2 =$

(46) $10 \div 2 =$

(7) $75 - 9 =$

(27) $50 - 5 =$

(47) $7 - 3 =$

(8) $2 \times 4 =$

(28) $2 + 6 =$

(48) $3 + 8 =$

(9) $8 - 3 =$

(29) $18 \div 6 =$

(49) $7 \times 8 =$

(10) $36 \div 9 =$

(30) $2 \times 6 =$

(50) $64 \div 8 =$

(11) $5 + 3 =$

(31) $6 - 3 =$

(51) $3 \times 8 =$

(12) $84 - 9 =$

(32) $12 \div 2 =$

(52) $7 - 5 =$

(13) $7 - 1 =$

(33) $1 + 7 =$

(53) $52 - 6 =$

(14) $9 \div 9 =$

(34) $5 \times 6 =$

(54) $1 \times 4 =$

(15) $5 + 6 =$

(35) $20 - 1 =$

(55) $61 - 3 =$

(16) $27 - 9 =$

(36) $9 + 2 =$

(56) $6 \div 3 =$

(17) $8 - 5 =$

(37) $8 \times 3 =$

(57) $66 - 9 =$

(18) $4 \div 4 =$

(38) $3 + 5 =$

(58) $3 \times 6 =$

(19) $9 \times 6 =$

(39) $52 - 9 =$

(59) $1 - 1 =$

(20) $61 - 7 =$

(40) $6 - 5 =$

(60) $56 \div 7 =$

計算の体幹トレーニング **30**

学習日	かかった時間	Perfect!		
		月	日	分

- (1) $24 \div 4 =$ (21) $42 \div 7 =$ (41) $5 + 1 =$
 (2) $8 \times 7 =$ (22) $3 + 3 =$ (42) $6 - 1 =$
 (3) $9 + 5 =$ (23) $8 \times 3 =$ (43) $63 - 6 =$
 (4) $52 - 4 =$ (24) $41 - 4 =$ (44) $1 + 9 =$
 (5) $6 - 4 =$ (25) $9 - 3 =$ (45) $9 - 6 =$
 (6) $63 \div 9 =$ (26) $48 \div 8 =$ (46) $53 - 7 =$
 (7) $8 - 1 =$ (27) $8 - 8 =$ (47) $3 \times 2 =$
 (8) $7 \times 3 =$ (28) $71 - 9 =$ (48) $7 - 6 =$
 (9) $8 - 7 =$ (29) $8 \times 1 =$ (49) $43 - 6 =$
 (10) $12 \div 3 =$ (30) $18 \div 2 =$ (50) $5 \times 1 =$
 (11) $8 - 4 =$ (31) $8 + 3 =$ (51) $40 - 3 =$
 (12) $9 \times 5 =$ (32) $7 + 3 =$ (52) $1 \times 9 =$
 (13) $6 \times 1 =$ (33) $6 - 2 =$ (53) $8 + 7 =$
 (14) $21 \div 7 =$ (34) $5 \times 8 =$ (54) $40 \div 8 =$
 (15) $8 + 1 =$ (35) $10 - 4 =$ (55) $8 \div 8 =$
 (16) $23 - 4 =$ (36) $5 \div 1 =$ (56) $5 + 8 =$
 (17) $9 \times 9 =$ (37) $41 - 2 =$ (57) $9 - 1 =$
 (18) $6 + 1 =$ (38) $5 \times 3 =$ (58) $81 \div 9 =$
 (19) $12 - 5 =$ (39) $32 \div 8 =$ (59) $9 + 9 =$
 (20) $3 + 2 =$ (40) $7 - 1 =$ (60) $61 - 6 =$

計算の体幹トレーニング

31

学習日	かかった時間	Perfect!
月	日	分 秒

- (1) $4 \times 5 =$ (21) $7 - 3 =$ (41) $2 \div 2 =$
- (2) $54 \div 6 =$ (22) $42 \div 6 =$ (42) $8 + 3 =$
- (3) $5 + 4 =$ (23) $9 + 4 =$ (43) $75 - 8 =$
- (4) $8 \times 9 =$ (24) $95 - 6 =$ (44) $4 \times 2 =$
- (5) $14 - 6 =$ (25) $5 - 5 =$ (45) $3 - 2 =$
- (6) $9 + 2 =$ (26) $4 + 5 =$ (46) $21 \div 3 =$
- (7) $1 \times 3 =$ (27) $56 \div 7 =$ (47) $7 - 4 =$
- (8) $18 \div 9 =$ (28) $8 - 4 =$ (48) $3 \times 2 =$
- (9) $8 \times 2 =$ (29) $3 \times 5 =$ (49) $90 - 7 =$
- (10) $9 - 7 =$ (30) $10 - 3 =$ (50) $5 + 7 =$
- (11) $3 + 2 =$ (31) $42 \div 7 =$ (51) $8 - 8 =$
- (12) $80 - 2 =$ (32) $8 - 6 =$ (52) $5 \times 4 =$
- (13) $4 + 2 =$ (33) $3 + 5 =$ (53) $13 - 8 =$
- (14) $9 \times 2 =$ (34) $31 - 3 =$ (54) $1 + 3 =$
- (15) $34 - 5 =$ (35) $8 + 9 =$ (55) $8 \div 8 =$
- (16) $9 \times 4 =$ (36) $8 \times 3 =$ (56) $34 - 5 =$
- (17) $18 \div 9 =$ (37) $12 \div 6 =$ (57) $42 - 7 =$
- (18) $5 - 2 =$ (38) $6 - 1 =$ (58) $5 \times 7 =$
- (19) $15 \div 3 =$ (39) $60 - 3 =$ (59) $6 - 3 =$
- (20) $7 - 2 =$ (40) $8 + 2 =$ (60) $63 \div 7 =$

学習日	かかった時間	Perfect!
月	日	分 秒

(1) $35 \div 7 =$

(21) $1 + 4 =$

(41) $3 + 4 =$

(2) $4 - 4 =$

(22) $45 - 6 =$

(42) $60 - 8 =$

(3) $3 + 6 =$

(23) $7 \times 5 =$

(43) $8 - 8 =$

(4) $16 - 7 =$

(24) $8 + 8 =$

(44) $3 \times 6 =$

(5) $5 - 2 =$

(25) $23 - 9 =$

(45) $1 + 9 =$

(6) $7 + 5 =$

(26) $3 \div 1 =$

(46) $31 - 7 =$

(7) $26 - 8 =$

(27) $56 - 8 =$

(47) $5 \times 4 =$

(8) $3 + 8 =$

(28) $9 \times 3 =$

(48) $7 - 2 =$

(9) $6 - 5 =$

(29) $1 + 5 =$

(49) $10 \div 2 =$

(10) $1 \times 5 =$

(30) $12 \div 2 =$

(50) $78 - 9 =$

(11) $8 - 6 =$

(31) $7 + 9 =$

(51) $5 \div 1 =$

(12) $40 \div 5 =$

(32) $13 - 5 =$

(52) $1 \times 9 =$

(13) $3 - 3 =$

(33) $4 \times 7 =$

(53) $49 \div 7 =$

(14) $4 + 7 =$

(34) $8 \times 8 =$

(54) $4 - 1 =$

(15) $16 \div 2 =$

(35) $51 - 8 =$

(55) $7 \times 9 =$

(16) $3 \times 8 =$

(36) $6 - 3 =$

(56) $12 - 7 =$

(17) $9 \div 3 =$

(37) $5 + 4 =$

(57) $3 \div 3 =$

(18) $75 - 6 =$

(38) $54 \div 6 =$

(58) $8 - 2 =$

(19) $8 \times 9 =$

(39) $4 - 3 =$

(59) $18 \div 9 =$

(20) $5 - 3 =$

(40) $8 + 9 =$

(60) $3 \times 4 =$

学習日	かかった時間	Perfect!
月 日	分 秒	問ミス

- (1) $9 - 6 =$ (21) $6 \div 2 =$ (41) $40 \div 5 =$
- (2) $2 + 3 =$ (22) $5 - 1 =$ (42) $1 + 4 =$
- (3) $60 - 9 =$ (23) $12 \div 3 =$ (43) $3 \times 7 =$
- (4) $8 + 1 =$ (24) $22 - 5 =$ (44) $92 - 5 =$
- (5) $8 \times 2 =$ (25) $8 - 5 =$ (45) $2 + 6 =$
- (6) $6 - 6 =$ (26) $4 \times 2 =$ (46) $7 \div 1 =$
- (7) $71 - 5 =$ (27) $3 - 1 =$ (47) $67 - 8 =$
- (8) $4 + 2 =$ (28) $10 \div 5 =$ (48) $8 - 6 =$
- (9) $8 - 4 =$ (29) $6 - 4 =$ (49) $32 \div 4 =$
- (10) $42 \div 6 =$ (30) $3 \times 9 =$ (50) $2 \times 6 =$
- (11) $7 - 7 =$ (31) $41 - 2 =$ (51) $82 - 6 =$
- (12) $3 + 7 =$ (32) $3 \div 1 =$ (52) $2 \times 3 =$
- (13) $5 \times 4 =$ (33) $1 \times 4 =$ (53) $81 - 5 =$
- (14) $7 - 6 =$ (34) $15 \div 5 =$ (54) $7 \times 2 =$
- (15) $18 \div 9 =$ (35) $4 \times 6 =$ (55) $8 + 2 =$
- (16) $8 \times 1 =$ (36) $30 - 6 =$ (56) $9 - 9 =$
- (17) $12 \div 6 =$ (37) $3 + 9 =$ (57) $40 \div 8 =$
- (18) $7 + 9 =$ (38) $9 - 3 =$ (58) $4 + 6 =$
- (19) $7 + 2 =$ (39) $7 \times 9 =$ (59) $5 + 4 =$
- (20) $14 - 7 =$ (40) $70 - 2 =$ (60) $13 - 6 =$

学習日	かかった時間	Perfect!		
		月	日	分

- (1) $5 \times 4 =$ (21) $9 \times 9 =$ (41) $1 + 8 =$
- (2) $24 \div 6 =$ (22) $20 \div 5 =$ (42) $6 - 4 =$
- (3) $2 \times 8 =$ (23) $8 \times 3 =$ (43) $27 \div 9 =$
- (4) $25 - 6 =$ (24) $4 \div 4 =$ (44) $6 + 6 =$
- (5) $9 - 8 =$ (25) $72 - 6 =$ (45) $7 - 5 =$
- (6) $5 - 4 =$ (26) $8 + 3 =$ (46) $34 - 7 =$
- (7) $6 + 3 =$ (27) $4 \times 8 =$ (47) $2 \div 1 =$
- (8) $1 \times 2 =$ (28) $5 + 4 =$ (48) $9 + 9 =$
- (9) $50 - 5 =$ (29) $20 - 6 =$ (49) $81 \div 9 =$
- (10) $6 \times 6 =$ (30) $4 - 4 =$ (50) $8 \div 1 =$
- (11) $10 - 2 =$ (31) $6 \times 2 =$ (51) $5 \times 6 =$
- (12) $7 - 6 =$ (32) $16 \div 4 =$ (52) $7 - 3 =$
- (13) $32 \div 4 =$ (33) $8 - 3 =$ (53) $42 \div 7 =$
- (14) $2 + 8 =$ (34) $83 - 5 =$ (54) $7 + 2 =$
- (15) $6 - 6 =$ (35) $5 + 6 =$ (55) $5 - 2 =$
- (16) $1 + 2 =$ (36) $6 + 2 =$ (56) $9 \div 9 =$
- (17) $24 \div 8 =$ (37) $73 - 8 =$ (57) $93 - 9 =$
- (18) $4 + 8 =$ (38) $9 - 7 =$ (58) $1 \times 8 =$
- (19) $6 \times 3 =$ (39) $7 \times 2 =$ (59) $72 - 5 =$
- (20) $81 - 9 =$ (40) $51 - 9 =$ (60) $7 - 7 =$

学習日	かかった時間	Perfect!
月	日	分 秒

(1) $14 \div 7 =$

(21) $2 + 8 =$

(41) $4 \times 4 =$

(2) $8 + 5 =$

(22) $14 - 5 =$

(42) $54 \div 9 =$

(3) $5 - 2 =$

(23) $1 + 2 =$

(43) $8 \times 4 =$

(4) $2 \div 1 =$

(24) $7 \times 2 =$

(44) $8 - 8 =$

(5) $34 - 8 =$

(25) $9 - 7 =$

(45) $50 - 6 =$

(6) $1 \times 2 =$

(26) $20 \div 5 =$

(46) $5 + 7 =$

(7) $3 + 6 =$

(27) $4 + 4 =$

(47) $10 \div 2 =$

(8) $45 \div 9 =$

(28) $50 - 3 =$

(48) $2 - 1 =$

(9) $4 - 3 =$

(29) $3 \times 3 =$

(49) $5 \times 6 =$

(10) $8 \times 5 =$

(30) $7 + 2 =$

(50) $76 - 7 =$

(11) $27 \div 3 =$

(31) $45 \div 5 =$

(51) $7 - 2 =$

(12) $3 - 1 =$

(32) $2 \times 8 =$

(52) $8 \div 1 =$

(13) $36 - 8 =$

(33) $9 - 9 =$

(53) $41 - 6 =$

(14) $7 - 4 =$

(34) $32 \div 4 =$

(54) $3 \times 6 =$

(15) $5 \times 7 =$

(35) $9 + 1 =$

(55) $55 - 8 =$

(16) $6 + 5 =$

(36) $42 - 4 =$

(56) $6 \times 5 =$

(17) $11 - 9 =$

(37) $3 + 3 =$

(57) $4 - 2 =$

(18) $9 \div 1 =$

(38) $25 - 8 =$

(58) $9 \times 1 =$

(19) $34 - 7 =$

(39) $5 + 6 =$

(59) $21 \div 3 =$

(20) $8 - 5 =$

(40) $7 - 1 =$

(60) $8 + 4 =$

学習日	かかった時間	Perfect!
月	日	分 秒

(1) $5 \times 9 =$ (21) $23 - 8 =$ (41) $66 - 7 =$

(2) $31 - 8 =$ (22) $3 + 4 =$ (42) $9 + 2 =$

(3) $5 \div 5 =$ (23) $54 \div 6 =$ (43) $7 \div 1 =$

(4) $2 \times 2 =$ (24) $4 + 6 =$ (44) $10 - 6 =$

(5) $8 - 4 =$ (25) $5 - 3 =$ (45) $2 \times 6 =$

(6) $9 \div 3 =$ (26) $3 \times 7 =$ (46) $80 - 1 =$

(7) $32 \div 4 =$ (27) $2 + 1 =$ (47) $3 + 7 =$

(8) $6 - 2 =$ (28) $64 - 7 =$ (48) $4 - 4 =$

(9) $9 \times 1 =$ (29) $1 \times 6 =$ (49) $2 + 2 =$

(10) $4 \div 1 =$ (30) $9 + 1 =$ (50) $78 - 9 =$

(11) $7 \times 2 =$ (31) $51 - 7 =$ (51) $10 \div 5 =$

(12) $56 \div 7 =$ (32) $5 + 9 =$ (52) $9 - 3 =$

(13) $9 - 2 =$ (33) $1 - 1 =$ (53) $7 + 2 =$

(14) $24 \div 3 =$ (34) $54 \div 9 =$ (54) $18 - 9 =$

(15) $6 \div 1 =$ (35) $7 - 3 =$ (55) $8 + 9 =$

(16) $55 - 8 =$ (36) $9 \times 2 =$ (56) $3 \times 4 =$

(17) $2 \times 1 =$ (37) $1 + 6 =$ (57) $8 - 6 =$

(18) $11 - 2 =$ (38) $45 - 8 =$ (58) $15 \div 5 =$

(19) $2 + 6 =$ (39) $6 - 4 =$ (59) $7 - 5 =$

(20) $4 - 1 =$ (40) $4 \times 6 =$ (60) $8 \times 9 =$

学習日	かかった時間	Perfect!
月 日	分 秒	問ミス

- (1) $7 - 1 =$ (21) $7 - 7 =$ (41) $5 - 2 =$
- (2) $36 \div 6 =$ (22) $36 \div 9 =$ (42) $5 \div 1 =$
- (3) $7 + 8 =$ (23) $1 \times 9 =$ (43) $8 - 8 =$
- (4) $4 - 4 =$ (24) $40 - 5 =$ (44) $18 \div 9 =$
- (5) $24 \div 8 =$ (25) $8 - 5 =$ (45) $4 \times 7 =$
- (6) $1 \times 4 =$ (26) $8 \div 1 =$ (46) $7 - 6 =$
- (7) $3 - 3 =$ (27) $74 - 8 =$ (47) $16 \div 2 =$
- (8) $6 \times 4 =$ (28) $5 \times 4 =$ (48) $1 + 4 =$
- (9) $7 + 7 =$ (29) $6 + 3 =$ (49) $44 - 5 =$
- (10) $18 \div 6 =$ (30) $20 - 3 =$ (50) $3 \div 1 =$
- (11) $6 + 4 =$ (31) $8 \times 7 =$ (51) $8 + 7 =$
- (12) $72 - 7 =$ (32) $4 - 3 =$ (52) $77 - 8 =$
- (13) $1 + 9 =$ (33) $10 - 9 =$ (53) $7 \times 5 =$
- (14) $1 \times 8 =$ (34) $2 + 8 =$ (54) $5 + 4 =$
- (15) $57 - 9 =$ (35) $30 - 8 =$ (55) $25 \div 5 =$
- (16) $2 \times 8 =$ (36) $6 - 3 =$ (56) $9 - 5 =$
- (17) $15 - 9 =$ (37) $4 + 7 =$ (57) $70 - 7 =$
- (18) $5 \times 3 =$ (38) $48 \div 8 =$ (58) $5 - 4 =$
- (19) $7 + 5 =$ (39) $6 \times 3 =$ (59) $35 \div 7 =$
- (20) $52 - 7 =$ (40) $5 + 3 =$ (60) $7 \times 7 =$

学習日	かかった時間	Perfect!
月	日	分 秒

(1) $7 \times 5 =$ (21) $93 - 7 =$ (41) $33 - 9 =$

(2) $21 - 2 =$ (22) $2 \times 3 =$ (42) $9 \div 1 =$

(3) $9 - 9 =$ (23) $18 \div 6 =$ (43) $8 - 4 =$

(4) $3 + 3 =$ (24) $7 - 7 =$ (44) $54 \div 9 =$

(5) $7 + 1 =$ (25) $21 - 6 =$ (45) $3 + 1 =$

(6) $54 - 7 =$ (26) $8 \div 4 =$ (46) $4 \times 9 =$

(7) $9 \times 1 =$ (27) $5 - 3 =$ (47) $31 - 2 =$

(8) $30 \div 6 =$ (28) $7 \times 1 =$ (48) $9 + 3 =$

(9) $5 + 3 =$ (29) $61 - 4 =$ (49) $45 - 9 =$

(10) $4 + 9 =$ (30) $9 - 2 =$ (50) $3 \times 3 =$

(11) $56 \div 8 =$ (31) $6 \div 2 =$ (51) $16 \div 8 =$

(12) $5 - 1 =$ (32) $12 - 6 =$ (52) $7 - 2 =$

(13) $9 + 1 =$ (33) $7 - 6 =$ (53) $5 \times 3 =$

(14) $7 - 5 =$ (34) $8 + 5 =$ (54) $23 - 7 =$

(15) $27 \div 9 =$ (35) $40 \div 8 =$ (55) $8 \times 5 =$

(16) $9 \times 3 =$ (36) $2 + 3 =$ (56) $22 - 8 =$

(17) $52 - 3 =$ (37) $9 - 6 =$ (57) $3 - 3 =$

(18) $3 \times 1 =$ (38) $45 \div 9 =$ (58) $8 \times 1 =$

(19) $7 + 5 =$ (39) $5 - 2 =$ (59) $6 + 6 =$

(20) $6 \times 6 =$ (40) $8 + 1 =$ (60) $35 \div 7 =$

学習日	かかった時間	Perfect!
月 日	分 秒	問ミス

(1) $44 - 6 =$

(21) $4 + 7 =$

(41) $5 \times 3 =$

(2) $2 - 2 =$

(22) $71 - 2 =$

(42) $9 \div 1 =$

(3) $12 \div 4 =$

(23) $9 \times 1 =$

(43) $70 - 1 =$

(4) $9 - 6 =$

(24) $18 \div 2 =$

(44) $2 + 6 =$

(5) $4 + 1 =$

(25) $2 \times 6 =$

(45) $6 \times 3 =$

(6) $54 \div 9 =$

(26) $35 \div 5 =$

(46) $24 \div 8 =$

(7) $8 - 6 =$

(27) $9 - 3 =$

(47) $7 + 4 =$

(8) $9 + 1 =$

(28) $61 - 2 =$

(48) $53 - 9 =$

(9) $43 - 6 =$

(29) $5 + 1 =$

(49) $3 + 3 =$

(10) $9 \times 9 =$

(30) $4 - 3 =$

(50) $7 \div 1 =$

(11) $9 - 2 =$

(31) $81 \div 9 =$

(51) $34 - 6 =$

(12) $33 - 4 =$

(32) $5 \times 1 =$

(52) $3 \div 3 =$

(13) $5 - 4 =$

(33) $71 - 4 =$

(53) $40 - 4 =$

(14) $4 \times 7 =$

(34) $5 + 3 =$

(54) $1 + 5 =$

(15) $9 + 9 =$

(35) $1 \times 5 =$

(55) $7 - 2 =$

(16) $50 - 3 =$

(36) $20 \div 4 =$

(56) $5 \times 5 =$

(17) $4 - 4 =$

(37) $3 \times 3 =$

(57) $18 \div 6 =$

(18) $7 \times 4 =$

(38) $9 - 1 =$

(58) $4 \times 1 =$

(19) $6 - 4 =$

(39) $5 + 5 =$

(59) $6 + 3 =$

(20) $16 \div 2 =$

(40) $46 - 9 =$

(60) $9 - 4 =$

計算の体幹トレーニング **40**

学習日	かかった時間	Perfect!		
		月	日	分

- (1) $6 - 2 =$ (21) $4 \div 1 =$ (41) $8 \times 2 =$
 (2) $63 \div 7 =$ (22) $9 - 7 =$ (42) $1 \times 6 =$
 (3) $8 \times 7 =$ (23) $60 - 7 =$ (43) $48 \div 8 =$
 (4) $5 + 8 =$ (24) $5 \times 9 =$ (44) $8 - 6 =$
 (5) $42 - 7 =$ (25) $3 + 9 =$ (45) $4 + 2 =$
 (6) $7 - 3 =$ (26) $71 - 9 =$ (46) $9 + 4 =$
 (7) $8 - 3 =$ (27) $1 \times 3 =$ (47) $54 - 5 =$
 (8) $2 \div 2 =$ (28) $12 \div 3 =$ (48) $5 \times 3 =$
 (9) $68 - 9 =$ (29) $4 \times 2 =$ (49) $12 \div 6 =$
 (10) $8 + 2 =$ (30) $1 + 6 =$ (50) $1 + 3 =$
 (11) $5 - 5 =$ (31) $21 \div 7 =$ (51) $6 \times 4 =$
 (12) $25 \div 5 =$ (32) $5 \div 1 =$ (52) $43 - 9 =$
 (13) $9 - 9 =$ (33) $5 + 3 =$ (53) $2 - 1 =$
 (14) $42 \div 6 =$ (34) $35 - 6 =$ (54) $22 - 5 =$
 (15) $6 - 3 =$ (35) $3 \times 9 =$ (55) $5 \times 8 =$
 (16) $5 + 9 =$ (36) $8 + 7 =$ (56) $24 \div 3 =$
 (17) $9 - 2 =$ (37) $15 - 9 =$ (57) $45 - 6 =$
 (18) $18 \div 6 =$ (38) $6 + 4 =$ (58) $8 - 2 =$
 (19) $4 - 1 =$ (39) $9 \times 4 =$ (59) $32 - 5 =$
 (20) $1 + 9 =$ (40) $10 - 6 =$ (60) $1 \times 9 =$

計算の体幹トレーニング

41

学習日	かかった時間	Perfect!
月	日	分 秒

- (1) $3+6=$ (21) $8 \times 9=$ (41) $2 \times 2=$
- (2) $5-4=$ (22) $6+7=$ (42) $33-7=$
- (3) $21-8=$ (23) $42-4=$ (43) $6 \times 7=$
- (4) $9+1=$ (24) $2 \times 9=$ (44) $54 \div 6=$
- (5) $8-3=$ (25) $14 \div 2=$ (45) $5 \times 9=$
- (6) $2+9=$ (26) $8-2=$ (46) $5-1=$
- (7) $65-6=$ (27) $9 \times 3=$ (47) $6 \div 1=$
- (8) $7 \times 7=$ (28) $21 \div 7=$ (48) $13-9=$
- (9) $9+3=$ (29) $7-3=$ (49) $4-4=$
- (10) $42-3=$ (30) $45-8=$ (50) $90-8=$
- (11) $2+2=$ (31) $5+9=$ (51) $4 \times 3=$
- (12) $20-7=$ (32) $9 \times 1=$ (52) $42-6=$
- (13) $8 \div 2=$ (33) $1-1=$ (53) $9-2=$
- (14) $2-1=$ (34) $54 \div 9=$ (54) $28 \div 4=$
- (15) $56 \div 8=$ (35) $9-3=$ (55) $4+3=$
- (16) $7+7=$ (36) $3 \times 6=$ (56) $24 \div 3=$
- (17) $84-7=$ (37) $18 \div 2=$ (57) $6-5=$
- (18) $7-6=$ (38) $5 \times 1=$ (58) $8+9=$
- (19) $10 \div 2=$ (39) $53-6=$ (59) $36 \div 6=$
- (20) $5+1=$ (40) $5+8=$ (60) $5 \times 8=$

学習日	かかった時間	Perfect!
月	日	分 秒

(1) $30 - 2 =$

(21) $2 \times 6 =$

(41) $40 \div 8 =$

(2) $9 + 6 =$

(22) $92 - 7 =$

(42) $4 - 3 =$

(3) $7 \div 1 =$

(23) $4 \times 9 =$

(43) $2 \times 2 =$

(4) $8 - 1 =$

(24) $8 + 1 =$

(44) $12 - 4 =$

(5) $33 - 6 =$

(25) $61 - 7 =$

(45) $8 \times 1 =$

(6) $6 \times 2 =$

(26) $5 \div 5 =$

(46) $6 \div 1 =$

(7) $75 - 9 =$

(27) $6 - 6 =$

(47) $4 - 4 =$

(8) $2 + 6 =$

(28) $8 + 3 =$

(48) $63 - 7 =$

(9) $6 - 4 =$

(29) $75 - 7 =$

(49) $9 \times 5 =$

(10) $64 \div 8 =$

(30) $8 \times 3 =$

(50) $3 + 1 =$

(11) $3 \times 1 =$

(31) $72 - 4 =$

(51) $42 \div 7 =$

(12) $8 - 3 =$

(32) $2 + 2 =$

(52) $9 - 7 =$

(13) $9 \times 6 =$

(33) $5 - 4 =$

(53) $2 + 1 =$

(14) $16 \div 8 =$

(34) $2 \times 1 =$

(54) $20 - 2 =$

(15) $9 - 4 =$

(35) $4 + 9 =$

(55) $8 - 2 =$

(16) $11 - 7 =$

(36) $24 \div 4 =$

(56) $63 \div 9 =$

(17) $7 + 4 =$

(37) $5 - 5 =$

(57) $7 \times 4 =$

(18) $6 \times 1 =$

(38) $8 \div 4 =$

(58) $9 + 5 =$

(19) $24 \div 6 =$

(39) $35 \div 5 =$

(59) $42 - 8 =$

(20) $6 + 1 =$

(40) $6 + 2 =$

(60) $3 - 1 =$

学習日	かかった時間	Perfect!
月	日	分 秒

- (1) $8 \times 9 =$ (21) $45 \div 9 =$ (41) $6 \times 7 =$
- (2) $7 - 1 =$ (22) $1 \div 1 =$ (42) $1 - 1 =$
- (3) $25 \div 5 =$ (23) $5 - 4 =$ (43) $8 + 5 =$
- (4) $6 - 3 =$ (24) $36 \div 9 =$ (44) $54 \div 6 =$
- (5) $12 \div 6 =$ (25) $8 + 9 =$ (45) $7 \times 8 =$
- (6) $4 \times 2 =$ (26) $73 - 4 =$ (46) $14 \div 7 =$
- (7) $13 - 8 =$ (27) $6 + 7 =$ (47) $7 \times 7 =$
- (8) $5 \times 6 =$ (28) $21 \div 3 =$ (48) $20 - 4 =$
- (9) $71 - 7 =$ (29) $8 - 3 =$ (49) $8 \times 5 =$
- (10) $5 - 3 =$ (30) $72 \div 9 =$ (50) $74 - 9 =$
- (11) $9 \times 8 =$ (31) $7 + 7 =$ (51) $6 + 4 =$
- (12) $93 - 4 =$ (32) $7 - 4 =$ (52) $20 \div 5 =$
- (13) $7 + 8 =$ (33) $36 \div 6 =$ (53) $4 + 4 =$
- (14) $60 - 9 =$ (34) $8 - 5 =$ (54) $22 - 8 =$
- (15) $4 - 2 =$ (35) $28 \div 4 =$ (55) $5 + 6 =$
- (16) $9 - 8 =$ (36) $5 \times 7 =$ (56) $70 - 4 =$
- (17) $1 \times 1 =$ (37) $4 + 2 =$ (57) $1 + 1 =$
- (18) $97 - 9 =$ (38) $34 - 8 =$ (58) $9 - 9 =$
- (19) $5 + 7 =$ (39) $9 + 8 =$ (59) $6 \times 4 =$
- (20) $4 \times 4 =$ (40) $5 - 1 =$ (60) $62 - 4 =$

学習日	かかった時間	Perfect!
月	日	分 秒

(1) $51 - 4 =$

(21) $4 \times 3 =$

(41) $9 + 9 =$

(2) $4 + 4 =$

(22) $7 - 1 =$

(42) $6 \div 2 =$

(3) $9 \times 3 =$

(23) $61 - 2 =$

(43) $9 - 2 =$

(4) $5 - 5 =$

(24) $8 - 7 =$

(44) $81 \div 9 =$

(5) $62 - 3 =$

(25) $9 + 3 =$

(45) $6 - 6 =$

(6) $6 \div 6 =$

(26) $54 \div 9 =$

(46) $2 \times 3 =$

(7) $9 \times 9 =$

(27) $8 \times 6 =$

(47) $3 + 4 =$

(8) $64 \div 8 =$

(28) $26 - 7 =$

(48) $11 - 6 =$

(9) $4 + 3 =$

(29) $9 \times 6 =$

(49) $1 + 3 =$

(10) $5 \times 7 =$

(30) $14 \div 2 =$

(50) $51 - 5 =$

(11) $21 \div 3 =$

(31) $9 \times 1 =$

(51) $2 \times 5 =$

(12) $5 + 7 =$

(32) $42 - 9 =$

(52) $7 - 7 =$

(13) $2 - 1 =$

(33) $2 + 3 =$

(53) $2 \div 2 =$

(14) $84 - 5 =$

(34) $48 \div 6 =$

(54) $17 - 8 =$

(15) $3 \times 4 =$

(35) $9 - 7 =$

(55) $8 - 1 =$

(16) $2 + 5 =$

(36) $4 \times 4 =$

(56) $1 \times 3 =$

(17) $30 - 3 =$

(37) $9 + 6 =$

(57) $56 \div 8 =$

(18) $8 + 6 =$

(38) $22 - 9 =$

(58) $9 \div 3 =$

(19) $8 - 2 =$

(39) $9 + 1 =$

(59) $43 - 9 =$

(20) $14 \div 7 =$

(40) $3 - 3 =$

(60) $4 - 3 =$

計算の体幹トレーニング

45

学習日	かかった時間	Perfect!
月	日	分 秒

(1) $51 - 4 =$

(21) $21 \div 7 =$

(41) $7 \times 1 =$

(2) $2 + 7 =$

(22) $5 + 2 =$

(42) $34 - 9 =$

(3) $9 - 6 =$

(23) $3 \div 3 =$

(43) $8 \div 8 =$

(4) $2 \times 5 =$

(24) $62 - 8 =$

(44) $3 + 2 =$

(5) $32 \div 8 =$

(25) $5 + 8 =$

(45) $45 - 7 =$

(6) $7 + 1 =$

(26) $3 - 1 =$

(46) $1 + 5 =$

(7) $83 - 8 =$

(27) $6 + 4 =$

(47) $3 - 3 =$

(8) $2 \times 7 =$

(28) $9 - 8 =$

(48) $2 \times 1 =$

(9) $1 - 1 =$

(29) $92 - 6 =$

(49) $3 - 2 =$

(10) $7 + 3 =$

(30) $7 - 4 =$

(50) $30 \div 6 =$

(11) $14 \div 2 =$

(31) $18 \div 3 =$

(51) $7 - 1 =$

(12) $3 \times 2 =$

(32) $1 \times 7 =$

(52) $1 + 7 =$

(13) $5 \div 5 =$

(33) $4 \div 2 =$

(53) $71 - 3 =$

(14) $7 \times 3 =$

(34) $5 \times 2 =$

(54) $7 \div 7 =$

(15) $11 - 8 =$

(35) $27 - 8 =$

(55) $6 - 2 =$

(16) $5 + 4 =$

(36) $8 - 1 =$

(56) $25 \div 5 =$

(17) $8 - 8 =$

(37) $4 + 3 =$

(57) $6 \times 4 =$

(18) $1 \times 5 =$

(38) $72 - 7 =$

(58) $8 - 3 =$

(19) $52 - 7 =$

(39) $2 + 1 =$

(59) $73 - 7 =$

(20) $4 \times 3 =$

(40) $18 \div 9 =$

(60) $5 \times 8 =$

学習日	かかった時間	Perfect!		
		月	日	分

- (1) $9 \div 1 =$ (21) $36 - 7 =$ (41) $6 - 5 =$
- (2) $4 + 2 =$ (22) $8 - 7 =$ (42) $3 \times 9 =$
- (3) $22 - 7 =$ (23) $3 + 8 =$ (43) $9 - 3 =$
- (4) $8 + 4 =$ (24) $5 - 5 =$ (44) $36 \div 9 =$
- (5) $12 \div 3 =$ (25) $3 \times 3 =$ (45) $22 - 6 =$
- (6) $4 + 7 =$ (26) $76 - 9 =$ (46) $1 \times 2 =$
- (7) $10 - 2 =$ (27) $7 + 8 =$ (47) $3 - 2 =$
- (8) $4 \times 7 =$ (28) $9 + 4 =$ (48) $25 \div 5 =$
- (9) $8 + 3 =$ (29) $32 - 5 =$ (49) $8 - 8 =$
- (10) $6 \times 4 =$ (30) $8 - 4 =$ (50) $51 - 8 =$
- (11) $48 \div 6 =$ (31) $9 - 7 =$ (51) $3 + 9 =$
- (12) $3 + 3 =$ (32) $57 - 9 =$ (52) $63 \div 7 =$
- (13) $2 \div 1 =$ (33) $8 \times 3 =$ (53) $8 \times 6 =$
- (14) $8 \times 4 =$ (34) $1 + 2 =$ (54) $9 - 1 =$
- (15) $32 - 3 =$ (35) $45 \div 5 =$ (55) $65 - 9 =$
- (16) $7 \times 8 =$ (36) $4 - 3 =$ (56) $6 + 4 =$
- (17) $13 - 5 =$ (37) $9 \times 4 =$ (57) $80 - 4 =$
- (18) $8 + 6 =$ (38) $12 \div 2 =$ (58) $6 - 6 =$
- (19) $12 \div 6 =$ (39) $3 \times 8 =$ (59) $16 \div 2 =$
- (20) $4 \times 2 =$ (40) $42 \div 7 =$ (60) $2 - 1 =$

計算の体幹トレーニング

47

学習日	かかった時間	Perfect!
月	日	分 秒

- (1) $5+9=$ (21) $36 \div 4=$ (41) $10-5=$
 (2) $47-8=$ (22) $6-6=$ (42) $7 \div 7=$
 (3) $3 \div 3=$ (23) $5 \times 9=$ (43) $8-7=$
 (4) $9 \times 1=$ (24) $2 \times 5=$ (44) $66-7=$
 (5) $1+5=$ (25) $46-9=$ (45) $4-4=$
 (6) $60-1=$ (26) $7-1=$ (46) $11-5=$
 (7) $2+5=$ (27) $9+1=$ (47) $7 \times 6=$
 (8) $9 \div 9=$ (28) $3 \times 4=$ (48) $2+6=$
 (9) $74-7=$ (29) $4-3=$ (49) $2-1=$
 (10) $7 \div 1=$ (30) $23-7=$ (50) $8 \times 1=$
 (11) $82-8=$ (31) $3 \times 7=$ (51) $6 \div 3=$
 (12) $3 \times 5=$ (32) $8+1=$ (52) $54 \div 9=$
 (13) $7+6=$ (33) $2 \times 6=$ (53) $3-3=$
 (14) $24 \div 3=$ (34) $2+4=$ (54) $84-6=$
 (15) $2 \times 7=$ (35) $9-3=$ (55) $9 \div 3=$
 (16) $9-2=$ (36) $40 \div 8=$ (56) $3+4=$
 (17) $3+5=$ (37) $3+7=$ (57) $10 \div 5=$
 (18) $72-3=$ (38) $9-8=$ (58) $6 \div 6=$
 (19) $2+7=$ (39) $2 \times 4=$ (59) $1 \times 5=$
 (20) $4-1=$ (40) $67-8=$ (60) $8-1=$

学習日	かかった時間	Perfect!
月	日	分 秒

(1) $7 - 5 =$ (21) $18 \div 2 =$ (41) $56 \div 8 =$

(2) $9 + 3 =$ (22) $9 - 6 =$ (42) $5 \div 5 =$

(3) $24 \div 3 =$ (23) $2 \times 5 =$ (43) $2 \times 3 =$

(4) $9 \times 9 =$ (24) $52 - 4 =$ (44) $4 - 4 =$

(5) $1 \times 6 =$ (25) $4 \times 7 =$ (45) $16 \div 2 =$

(6) $90 - 9 =$ (26) $5 + 7 =$ (46) $9 - 1 =$

(7) $5 \times 7 =$ (27) $11 - 4 =$ (47) $5 \times 9 =$

(8) $6 \div 6 =$ (28) $2 \times 1 =$ (48) $9 - 4 =$

(9) $5 \times 1 =$ (29) $7 + 5 =$ (49) $15 \div 5 =$

(10) $81 \div 9 =$ (30) $35 \div 7 =$ (50) $6 - 6 =$

(11) $8 - 7 =$ (31) $7 - 3 =$ (51) $7 \times 5 =$

(12) $5 + 1 =$ (32) $53 - 4 =$ (52) $42 - 6 =$

(13) $14 - 8 =$ (33) $2 + 1 =$ (53) $4 + 7 =$

(14) $2 + 3 =$ (34) $5 - 3 =$ (54) $92 - 8 =$

(15) $64 - 6 =$ (35) $4 \times 6 =$ (55) $2 + 5 =$

(16) $9 + 9 =$ (36) $32 - 9 =$ (56) $80 - 9 =$

(17) $8 - 4 =$ (37) $6 \div 2 =$ (57) $4 \div 1 =$

(18) $1 + 6 =$ (38) $5 + 9 =$ (58) $1 \times 4 =$

(19) $62 - 9 =$ (39) $45 - 7 =$ (59) $21 \div 3 =$

(20) $2 - 2 =$ (40) $4 + 6 =$ (60) $9 - 8 =$

計算の体幹トレーニング

49

学習日	かかった時間	Perfect!
月	日	分 秒

(1) $20 - 8 =$

(21) $2 + 7 =$

(41) $2 + 5 =$

(2) $2 + 9 =$

(22) $60 - 5 =$

(42) $9 - 3 =$

(3) $5 \times 9 =$

(23) $8 \div 1 =$

(43) $4 + 8 =$

(4) $70 - 8 =$

(24) $9 - 6 =$

(44) $8 - 8 =$

(5) $8 \times 5 =$

(25) $6 + 6 =$

(45) $21 \div 3 =$

(6) $72 - 9 =$

(26) $23 - 4 =$

(46) $7 \times 9 =$

(7) $2 \times 7 =$

(27) $8 \div 2 =$

(47) $53 - 4 =$

(8) $5 - 5 =$

(28) $6 - 1 =$

(48) $2 \times 8 =$

(9) $48 \div 8 =$

(29) $5 + 9 =$

(49) $11 - 9 =$

(10) $3 - 2 =$

(30) $28 \div 7 =$

(50) $5 \times 7 =$

(11) $7 \div 7 =$

(31) $2 \times 5 =$

(51) $64 - 8 =$

(12) $8 - 7 =$

(32) $4 \times 8 =$

(52) $5 + 7 =$

(13) $8 + 5 =$

(33) $40 \div 5 =$

(53) $6 - 4 =$

(14) $24 \div 3 =$

(34) $6 \times 6 =$

(54) $2 + 8 =$

(15) $7 - 4 =$

(35) $7 + 9 =$

(55) $45 \div 9 =$

(16) $6 + 8 =$

(36) $72 - 3 =$

(56) $7 - 5 =$

(17) $48 - 9 =$

(37) $2 \times 9 =$

(57) $64 - 6 =$

(18) $6 - 3 =$

(38) $8 \times 7 =$

(58) $6 \div 6 =$

(19) $9 - 4 =$

(39) $16 \div 4 =$

(59) $8 + 7 =$

(20) $27 \div 9 =$

(40) $6 \times 8 =$

(60) $40 - 9 =$

学習日	かかった時間	Perfect!		
		月	日	分

- (1) $7+4=$ (21) $63 \div 7=$ (41) $6+1=$
- (2) $20-1=$ (22) $7 \times 5=$ (42) $18 \div 9=$
- (3) $8 \times 2=$ (23) $8+2=$ (43) $9-3=$
- (4) $40 \div 8=$ (24) $75-7=$ (44) $5+4=$
- (5) $3-2=$ (25) $7 \times 2=$ (45) $10 \div 5=$
- (6) $9+1=$ (26) $5+2=$ (46) $9+4=$
- (7) $13-4=$ (27) $2 \times 8=$ (47) $73-9=$
- (8) $6-5=$ (28) $18 \div 3=$ (48) $9 \times 1=$
- (9) $2-1=$ (29) $1 \times 6=$ (49) $8+1=$
- (10) $93-8=$ (30) $5 \times 2=$ (50) $35 \div 7=$
- (11) $8-5=$ (31) $21-3=$ (51) $6 \times 1=$
- (12) $3 \times 7=$ (32) $5-4=$ (52) $9-8=$
- (13) $9-4=$ (33) $56-7=$ (53) $54 \div 9=$
- (14) $32 \div 4=$ (34) $8 \times 1=$ (54) $7+2=$
- (15) $7 \times 3=$ (35) $4-3=$ (55) $71-3=$
- (16) $5-1=$ (36) $35 \div 5=$ (56) $5-3=$
- (17) $71-5=$ (37) $3+7=$ (57) $7+5=$
- (18) $2+8=$ (38) $24 \div 4=$ (58) $42 \div 6=$
- (19) $5 \times 4=$ (39) $3-3=$ (59) $30-8=$
- (20) $95-7=$ (40) $21-6=$ (60) $8 \div 1=$

計算の体幹トレーニング

51

学習日	かかった時間	Perfect!
月	日	分 秒

(1) $11 - 8 =$

(21) $32 \div 8 =$

(41) $60 - 3 =$

(2) $8 + 3 =$

(22) $7 - 7 =$

(42) $6 - 1 =$

(3) $5 \div 1 =$

(23) $5 - 4 =$

(43) $36 \div 6 =$

(4) $61 - 9 =$

(24) $41 - 7 =$

(44) $3 - 3 =$

(5) $7 \times 3 =$

(25) $2 + 9 =$

(45) $5 \times 7 =$

(6) $8 \div 2 =$

(26) $40 - 7 =$

(46) $35 \div 5 =$

(7) $71 - 8 =$

(27) $8 \times 6 =$

(47) $8 \times 3 =$

(8) $5 - 1 =$

(28) $9 - 4 =$

(48) $2 + 4 =$

(9) $3 + 3 =$

(29) $72 \div 9 =$

(49) $21 \div 3 =$

(10) $7 \div 7 =$

(30) $7 + 7 =$

(50) $4 - 1 =$

(11) $8 - 7 =$

(31) $2 \times 4 =$

(51) $3 \times 3 =$

(12) $42 \div 7 =$

(32) $9 - 1 =$

(52) $7 + 4 =$

(13) $2 - 2 =$

(33) $6 \div 3 =$

(53) $9 \div 1 =$

(14) $5 + 7 =$

(34) $12 - 3 =$

(54) $63 - 6 =$

(15) $7 + 3 =$

(35) $9 + 8 =$

(55) $2 \times 9 =$

(16) $12 - 6 =$

(36) $5 - 3 =$

(56) $64 - 5 =$

(17) $1 + 9 =$

(37) $7 \times 4 =$

(57) $3 - 2 =$

(18) $8 + 6 =$

(38) $48 \div 6 =$

(58) $2 \times 7 =$

(19) $9 \times 8 =$

(39) $2 + 7 =$

(59) $21 - 5 =$

(20) $55 - 9 =$

(40) $1 \times 9 =$

(60) $7 \times 7 =$

学習日	かかった時間	Perfect!
月	日	分 秒

(1) $24 - 9 =$

(21) $7 + 6 =$

(41) $9 - 3 =$

(2) $4 + 6 =$

(22) $44 - 8 =$

(42) $3 - 2 =$

(3) $9 - 4 =$

(23) $3 \times 9 =$

(43) $32 - 9 =$

(4) $24 \div 4 =$

(24) $4 \times 1 =$

(44) $9 + 8 =$

(5) $7 \times 6 =$

(25) $5 + 3 =$

(45) $8 \times 2 =$

(6) $3 \times 1 =$

(26) $18 \div 6 =$

(46) $15 \div 5 =$

(7) $9 - 6 =$

(27) $4 - 1 =$

(47) $3 + 9 =$

(8) $36 \div 4 =$

(28) $35 - 7 =$

(48) $4 \div 2 =$

(9) $7 \times 7 =$

(29) $4 \times 6 =$

(49) $57 - 8 =$

(10) $9 \times 8 =$

(30) $4 + 1 =$

(50) $8 - 8 =$

(11) $4 - 3 =$

(31) $12 - 8 =$

(51) $6 + 1 =$

(12) $12 \div 4 =$

(32) $5 \times 3 =$

(52) $12 \div 3 =$

(13) $3 + 5 =$

(33) $9 \div 9 =$

(53) $8 - 3 =$

(14) $7 + 7 =$

(34) $41 - 3 =$

(54) $8 \div 4 =$

(15) $56 - 9 =$

(35) $5 - 2 =$

(55) $3 + 1 =$

(16) $1 \times 7 =$

(36) $3 \times 5 =$

(56) $32 - 4 =$

(17) $9 - 9 =$

(37) $8 + 2 =$

(57) $4 - 2 =$

(18) $6 \times 1 =$

(38) $42 \div 6 =$

(58) $72 \div 9 =$

(19) $7 - 2 =$

(39) $1 + 7 =$

(59) $9 - 9 =$

(20) $13 - 6 =$

(40) $71 - 4 =$

(60) $31 - 2 =$

学習日	かかった時間	Perfect!
月 日	分 秒	問ミス

(1) $3 \times 8 =$

(21) $4 + 1 =$

(41) $9 \times 7 =$

(2) $12 \div 2 =$

(22) $21 - 4 =$

(42) $45 \div 5 =$

(3) $9 + 7 =$

(23) $1 + 7 =$

(43) $9 - 8 =$

(4) $30 \div 5 =$

(24) $4 - 1 =$

(44) $73 - 6 =$

(5) $4 \times 1 =$

(25) $6 - 6 =$

(45) $4 - 2 =$

(6) $8 - 1 =$

(26) $12 \div 4 =$

(46) $76 - 9 =$

(7) $31 - 9 =$

(27) $9 - 5 =$

(47) $7 \times 3 =$

(8) $4 \div 2 =$

(28) $1 + 8 =$

(48) $48 \div 6 =$

(9) $8 - 6 =$

(29) $13 - 7 =$

(49) $3 + 8 =$

(10) $7 + 3 =$

(30) $8 - 5 =$

(50) $6 \times 9 =$

(11) $72 \div 8 =$

(31) $27 - 8 =$

(51) $5 - 5 =$

(12) $6 + 6 =$

(32) $8 + 4 =$

(52) $32 \div 4 =$

(13) $63 - 4 =$

(33) $61 - 8 =$

(53) $7 \times 2 =$

(14) $9 - 6 =$

(34) $5 + 1 =$

(54) $4 \div 4 =$

(15) $32 \div 8 =$

(35) $9 - 2 =$

(55) $63 - 5 =$

(16) $6 + 9 =$

(36) $6 \times 6 =$

(56) $5 \times 1 =$

(17) $1 \times 7 =$

(37) $27 \div 9 =$

(57) $18 \div 2 =$

(18) $7 + 2 =$

(38) $9 - 9 =$

(58) $1 \times 8 =$

(19) $91 - 7 =$

(39) $8 + 6 =$

(59) $22 - 7 =$

(20) $8 \times 4 =$

(40) $21 - 3 =$

(60) $8 \times 6 =$

学習日	かかった時間	Perfect!
月	日	分 秒

(1) $63 - 9 =$

(21) $65 - 7 =$

(41) $82 - 7 =$

(2) $2 \div 1 =$

(22) $3 + 1 =$

(42) $4 \times 4 =$

(3) $2 + 3 =$

(23) $8 - 8 =$

(43) $6 \div 3 =$

(4) $23 - 8 =$

(24) $9 \times 2 =$

(44) $1 \times 2 =$

(5) $6 \times 9 =$

(25) $20 - 5 =$

(45) $14 \div 7 =$

(6) $8 - 6 =$

(26) $2 \times 4 =$

(46) $7 \times 4 =$

(7) $6 + 5 =$

(27) $4 + 4 =$

(47) $1 + 6 =$

(8) $43 - 8 =$

(28) $7 - 3 =$

(48) $4 \div 1 =$

(9) $2 + 4 =$

(29) $12 \div 4 =$

(49) $14 - 5 =$

(10) $9 - 1 =$

(30) $6 + 9 =$

(50) $9 + 2 =$

(11) $27 \div 3 =$

(31) $6 \times 5 =$

(51) $42 \div 7 =$

(12) $8 + 3 =$

(32) $5 - 4 =$

(52) $5 - 2 =$

(13) $7 - 6 =$

(33) $56 \div 7 =$

(53) $92 - 3 =$

(14) $41 - 4 =$

(34) $6 \div 2 =$

(54) $1 \times 9 =$

(15) $5 + 9 =$

(35) $2 \times 3 =$

(55) $9 - 8 =$

(16) $8 \div 4 =$

(36) $95 - 8 =$

(56) $44 - 7 =$

(17) $7 - 2 =$

(37) $8 \times 3 =$

(57) $3 - 2 =$

(18) $54 \div 6 =$

(38) $2 - 1 =$

(58) $1 + 2 =$

(19) $4 + 1 =$

(39) $30 \div 5 =$

(59) $85 - 7 =$

(20) $3 \times 1 =$

(40) $5 - 5 =$

(60) $4 \times 1 =$

学習日	かかった時間	Perfect!
月 日	分 秒	問ミス

- (1) $7 \times 8 =$ (21) $23 - 6 =$ (41) $24 \div 8 =$
- (2) $2 - 1 =$ (22) $9 + 9 =$ (42) $6 \times 3 =$
- (3) $62 - 3 =$ (23) $5 + 5 =$ (43) $9 - 5 =$
- (4) $7 \times 7 =$ (24) $20 \div 4 =$ (44) $27 \div 3 =$
- (5) $1 \div 1 =$ (25) $9 - 3 =$ (45) $9 - 6 =$
- (6) $8 - 6 =$ (26) $1 + 3 =$ (46) $62 - 4 =$
- (7) $53 - 9 =$ (27) $50 - 9 =$ (47) $4 \times 9 =$
- (8) $2 + 9 =$ (28) $8 \times 9 =$ (48) $74 - 8 =$
- (9) $54 \div 6 =$ (29) $4 + 9 =$ (49) $5 \times 5 =$
- (10) $8 + 9 =$ (30) $36 \div 9 =$ (50) $36 - 8 =$
- (11) $3 \times 9 =$ (31) $3 - 2 =$ (51) $9 \times 9 =$
- (12) $36 \div 6 =$ (32) $3 + 9 =$ (52) $7 - 4 =$
- (13) $5 - 1 =$ (33) $1 \times 1 =$ (53) $16 \div 8 =$
- (14) $1 + 1 =$ (34) $18 \div 6 =$ (54) $6 - 2 =$
- (15) $8 - 5 =$ (35) $81 - 4 =$ (55) $6 + 5 =$
- (16) $40 \div 8 =$ (36) $7 + 7 =$ (56) $35 - 9 =$
- (17) $6 + 3 =$ (37) $91 - 6 =$ (57) $2 \times 9 =$
- (18) $7 + 8 =$ (38) $7 - 3 =$ (58) $81 \div 9 =$
- (19) $93 - 5 =$ (39) $2 \div 2 =$ (59) $8 - 1 =$
- (20) $6 \times 5 =$ (40) $52 - 8 =$ (60) $1 \times 3 =$

学習日	かかった時間	Perfect!
月	日	分 秒

(1) $60 - 6 =$

(21) $48 - 9 =$

(41) $8 - 6 =$

(2) $7 - 4 =$

(22) $8 \div 2 =$

(42) $4 \times 5 =$

(3) $9 \times 3 =$

(23) $4 + 5 =$

(43) $32 - 8 =$

(4) $3 - 1 =$

(24) $7 - 1 =$

(44) $9 + 2 =$

(5) $16 \div 4 =$

(25) $23 - 9 =$

(45) $7 - 2 =$

(6) $5 \times 1 =$

(26) $9 + 3 =$

(46) $1 \times 2 =$

(7) $15 \div 3 =$

(27) $48 \div 6 =$

(47) $5 - 1 =$

(8) $8 \times 6 =$

(28) $42 - 5 =$

(48) $6 \times 3 =$

(9) $71 - 6 =$

(29) $4 + 9 =$

(49) $10 \div 5 =$

(10) $5 + 3 =$

(30) $6 - 5 =$

(50) $5 \times 3 =$

(11) $4 \times 8 =$

(31) $14 - 9 =$

(51) $18 \div 2 =$

(12) $16 \div 8 =$

(32) $4 + 8 =$

(52) $6 + 1 =$

(13) $1 + 2 =$

(33) $8 - 7 =$

(53) $15 - 6 =$

(14) $5 \times 5 =$

(34) $24 \div 6 =$

(54) $4 - 1 =$

(15) $90 - 1 =$

(35) $4 \times 9 =$

(55) $24 \div 8 =$

(16) $6 + 3 =$

(36) $43 - 8 =$

(56) $9 - 4 =$

(17) $8 - 4 =$

(37) $5 + 5 =$

(57) $91 - 2 =$

(18) $5 + 1 =$

(38) $9 \times 2 =$

(58) $6 \times 1 =$

(19) $7 - 5 =$

(39) $8 + 6 =$

(59) $2 \div 1 =$

(20) $56 \div 8 =$

(40) $20 \div 4 =$

(60) $90 - 3 =$

学習日	かかった時間	Perfect!
月 日	分 秒	問ミス

- (1) $3+3=$ (21) $6+7=$ (41) $5 \div 5=$
 (2) $3 \times 7=$ (22) $35 \div 7=$ (42) $88-9=$
 (3) $52-5=$ (23) $6-1=$ (43) $4 \div 2=$
 (4) $7+5=$ (24) $7-4=$ (44) $9-4=$
 (5) $4 \times 7=$ (25) $44-8=$ (45) $15-7=$
 (6) $65-7=$ (26) $3+1=$ (46) $9 \div 1=$
 (7) $1 \times 7=$ (27) $83-9=$ (47) $7-5=$
 (8) $2+1=$ (28) $4 \times 9=$ (48) $3 \times 1=$
 (9) $36 \div 6=$ (29) $9-8=$ (49) $16 \div 2=$
 (10) $8-8=$ (30) $4 \div 2=$ (50) $8-4=$
 (11) $4+9=$ (31) $8-5=$ (51) $4+3=$
 (12) $7 \times 5=$ (32) $28 \div 4=$ (52) $13-9=$
 (13) $70-7=$ (33) $7-6=$ (53) $1 \times 7=$
 (14) $4-1=$ (34) $5 \times 2=$ (54) $56 \div 7=$
 (15) $5+2=$ (35) $14 \div 2=$ (55) $2 \times 1=$
 (16) $4 \times 3=$ (36) $6 \times 7=$ (56) $9-1=$
 (17) $50-7=$ (37) $11-2=$ (57) $3+7=$
 (18) $4+7=$ (38) $3 \times 3=$ (58) $20-7=$
 (19) $74-6=$ (39) $8 \div 4=$ (59) $1+7=$
 (20) $1+1=$ (40) $3-3=$ (60) $18 \div 3=$

学習日	かかった時間	Perfect!
月	日	分 秒

(1) $31 - 6 =$

(21) $63 \div 7 =$

(41) $7 - 5 =$

(2) $4 \times 6 =$

(22) $2 - 2 =$

(42) $5 \div 1 =$

(3) $9 \times 2 =$

(23) $82 - 3 =$

(43) $10 - 1 =$

(4) $1 + 7 =$

(24) $7 + 3 =$

(44) $5 + 6 =$

(5) $61 - 5 =$

(25) $7 - 1 =$

(45) $3 \times 5 =$

(6) $6 - 5 =$

(26) $6 \div 1 =$

(46) $63 - 8 =$

(7) $5 \times 3 =$

(27) $5 + 3 =$

(47) $6 \times 5 =$

(8) $20 \div 5 =$

(28) $24 - 5 =$

(48) $3 + 5 =$

(9) $9 \times 4 =$

(29) $1 + 2 =$

(49) $3 - 2 =$

(10) $1 \times 1 =$

(30) $32 \div 8 =$

(50) $18 \div 6 =$

(11) $30 - 9 =$

(31) $4 - 2 =$

(51) $6 \times 2 =$

(12) $3 - 1 =$

(32) $8 \div 2 =$

(52) $1 \div 1 =$

(13) $9 \div 9 =$

(33) $1 \times 2 =$

(53) $6 + 2 =$

(14) $5 - 3 =$

(34) $24 \div 4 =$

(54) $33 - 9 =$

(15) $2 \times 2 =$

(35) $1 + 9 =$

(55) $2 \times 9 =$

(16) $71 - 7 =$

(36) $43 - 7 =$

(56) $2 + 2 =$

(17) $9 + 4 =$

(37) $2 + 9 =$

(57) $4 - 3 =$

(18) $1 + 1 =$

(38) $81 - 3 =$

(58) $5 \times 6 =$

(19) $53 - 8 =$

(39) $2 \div 1 =$

(59) $21 \div 3 =$

(20) $2 - 1 =$

(40) $8 - 8 =$

(60) $9 - 4 =$

学習日	かかった時間	Perfect!
月	日	分 秒

- (1) $3+8=$ (21) $4-1=$ (41) $6+5=$
 (2) $2-2=$ (22) $18 \div 3=$ (42) $8 \times 8=$
 (3) $35 \div 7=$ (23) $3 \times 6=$ (43) $50-8=$
 (4) $20-9=$ (24) $56 \div 7=$ (44) $2 \times 1=$
 (5) $5+2=$ (25) $3-3=$ (45) $3+6=$
 (6) $57-8=$ (26) $12 \div 6=$ (46) $49 \div 7=$
 (7) $8-5=$ (27) $7+5=$ (47) $6-6=$
 (8) $1+8=$ (28) $12-9=$ (48) $5 \times 2=$
 (9) $16 \div 8=$ (29) $9 \times 8=$ (49) $85-8=$
 (10) $9-9=$ (30) $8-2=$ (50) $4+2=$
 (11) $27 \div 3=$ (31) $4 \div 4=$ (51) $6-5=$
 (12) $5+3=$ (32) $6 \times 5=$ (52) $52-5=$
 (13) $82-4=$ (33) $10-8=$ (53) $3 \times 8=$
 (14) $8+9=$ (34) $2+1=$ (54) $7-1=$
 (15) $7 \times 7=$ (35) $8-3=$ (55) $4 \times 2=$
 (16) $1 \div 1=$ (36) $8 \times 6=$ (56) $8+8=$
 (17) $41-9=$ (37) $24 \div 3=$ (57) $56-8=$
 (18) $7+7=$ (38) $7-6=$ (58) $7 \times 5=$
 (19) $30-1=$ (39) $1 \times 8=$ (59) $6-4=$
 (20) $5 \div 5=$ (40) $17-8=$ (60) $10 \div 2=$

計算の体幹トレーニング **60**

学習日	かかった時間	Perfect!		
		月	日	分

- | | | |
|---------------------|---------------------|---------------------|
| (1) $72 \div 9 =$ | (21) $6 - 2 =$ | (41) $5 - 5 =$ |
| (2) $4 - 1 =$ | (22) $14 \div 2 =$ | (42) $27 \div 3 =$ |
| (3) $2 \times 3 =$ | (23) $6 \times 9 =$ | (43) $3 - 2 =$ |
| (4) $11 - 4 =$ | (24) $2 - 2 =$ | (44) $5 \times 9 =$ |
| (5) $9 - 8 =$ | (25) $5 \div 5 =$ | (45) $7 - 4 =$ |
| (6) $2 \times 1 =$ | (26) $42 - 3 =$ | (46) $30 \div 5 =$ |
| (7) $4 + 3 =$ | (27) $2 + 3 =$ | (47) $61 - 9 =$ |
| (8) $24 \div 6 =$ | (28) $15 \div 5 =$ | (48) $7 - 1 =$ |
| (9) $5 \times 3 =$ | (29) $6 + 2 =$ | (49) $6 \times 2 =$ |
| (10) $52 - 6 =$ | (30) $53 - 6 =$ | (50) $24 - 8 =$ |
| (11) $4 + 6 =$ | (31) $6 + 9 =$ | (51) $9 - 2 =$ |
| (12) $1 \times 1 =$ | (32) $20 - 2 =$ | (52) $9 \times 4 =$ |
| (13) $72 \div 8 =$ | (33) $1 - 1 =$ | (53) $85 - 9 =$ |
| (14) $2 + 1 =$ | (34) $48 \div 6 =$ | (54) $8 \times 9 =$ |
| (15) $4 \times 3 =$ | (35) $9 \times 7 =$ | (55) $5 + 9 =$ |
| (16) $41 - 7 =$ | (36) $70 - 6 =$ | (56) $15 - 6 =$ |
| (17) $9 + 7 =$ | (37) $8 + 6 =$ | (57) $6 + 5 =$ |
| (18) $4 - 2 =$ | (38) $6 \div 2 =$ | (58) $7 - 7 =$ |
| (19) $12 \div 2 =$ | (39) $5 + 7 =$ | (59) $18 \div 6 =$ |
| (20) $5 \times 7 =$ | (40) $20 - 5 =$ | (60) $9 + 8 =$ |