



E - Grades 3-5 / EM - Grades 4-7

Workout Number	DVD Color	Math Concept	Grade Level	Math Standard				
8-01a,b,c,d	GRAY	Addition Facts a)1-5's, b)6-10's, c)11-20's, d) All	E	NS				
8-02a,b	GRAY	Subtraction Facts a)1-10's, b)11-20's	E	NS				
8-03	GRAY	Combinations of 9's & 10's - Addition	E	NS				
8-04	GRAY	Combinations of 100's - Addition	E	NS				
8-05a,b	GRAY	Multiplication Facts a)1-5's, b)6-10's	E	NS				
8-06	GRAY	Division Facts (1-5's)	E	NS				
8-07	GRAY	Split & Solve (Break Apart) - Elementary	E	NS				
8-08	GRAY	Group & Order (Combinations) - Elementary	E	NS				
8-09	GRAY	Zero Strategy w/Whole Numbers - Elementary	E	NS				
8-10	GRAY	Short-Cut Division -Elementary	E	NS				
1-01	BLUE	Multiplication Facts (1)	EM	NS				
1-02	BLUE	Multiplication Facts (2)	EM	NS				
1-03	BLUE	Multiplication Facts (3)	EM	NS				
1-04	BLUE	Division Facts (1)	EM	NS				
1-05	BLUE	Division Facts (2)	EM	NS				
1-06	BLUE	Mental Math Split & Solve	EM	NS				
1-07	BLUE	Mental Math Group & Order	EM	NS				
1-08	BLUE	Mental Math Zero Strategy	EM	NS				
1-09	BLUE	Mental Math Short Cut Division	EM	NS				
2-01	PURPLE	Measurement Facts	EM	M				
2-03	PURPLE	Place Value	EM	NS				
2-04	PURPLE	Compare #'s <, >, =	EM	NS				
2-05	PURPLE	Divisibility Rules	EM	NS				
2-06	PURPLE	Fractions, Decimals, %	EM	NS				
2-07	PURPLE	Percent of Numbers	EM	NS				
2-08	PURPLE	Order of Operations	EM	NS				
2-11	PURPLE	Zero Strategy w/ Decimals	EM	NS				
3-01	ORANGE	Prime & Composite	EM	NS				
3-03	ORANGE	Multiples & Factors	EM	NS				

NS = Number Sense; A = Algebra; M = Measurement; G = Geometry; D = Data
Alignment may vary.

E = 3-5; EM = 4-7; M = 6-8; MH = 7-12

Levels are general. Use to review prior skills before teaching and building new ones.



EM - Grades 4-7 / M - Grades 6-8

Workout Number	DVD Color	Math Concept	Grade Level	Math Standard				
3-04	ORANGE	Lowest Terms	EM	NS				
3-05	ORANGE	Common Denominators	EM	NS				
3-06	ORANDE	Mixed / Improper Fractions	EM	NS				
4-01	YELLOW	Estimate / Sensible Measures	EM	M				
4-02	YELLOW	Convert Metric	EM	M				
4-05	YELLOW	Perimeter, Area, Volume, S Area	EM	M				
4-06	YELLOW	Order Integers	EM	NS				
4-07	YELLOW	Coordinate System	EM	A				
5-01	GREEN	Lines & Angles	EM	G				
5-02	GREEN	Classify Angles	EM	G				
5-05	GREEN	Congruent / Similar	EM	G				
5-11	GREEN	Polyhedron/Cylinder Nets	EM	G				
7-03	BROWN	Multiply Fractions	EM	NS				
8-11	GRAY	Compensation w/Multiplication	EM	NS				
8-12	GRAY	Fractions, %, Words, Visuals	EM	NS				
2-02	PURPLE	Estimation	M	NS				
2-09	PURPLE	Exponent / Square Roots	M	NS				
2-10	PURPLE	Properties	M	NS				
3-02	ORANGE	Scientific Notation	M	NS				
3-07	ORANGE	Compare Fractions	M	NS				
3-08	ORANGE	Estimate Fractions	M	NS				
3-09	ORANGE	Ratios / Rates	M	A				
3-10	ORANGE	Proportionality	M	A				
3-11	ORANGE	Using Proportions	M	A				
4-03	YELLOW	Convert Customary	M	M				
4-04	YELLOW	Convert & Compare Measures	M	M				
4-08	YELLOW	Transformations	M	A				
4-09	YELLOW	Mean, Mode, Median, Range	M	D				
5-03	GREEN	Complement/Supplement Angles	M	G				
5-04	GREEN	Identify Polygons	M	G				

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M - Grades 6-8 / MH - Grades 7-12

Workout Number	DVD Color	Math Concept	Grade Level	Math Standard				
5-06	GREEN	Corresponding Sides & Angles	M	G				
5-07	GREEN	Missing Angles	M	G				
5-08	GREEN	Classify Triangles	M	G				
5-09	GREEN	Shapes to Formulas	M	G				
5-10	GREEN	Formulas to Shapes	M	G				
6-01	PINK	Add Integers	M	NS				
6-02	PINK	Subtract Integers	M	NS				
6-03	PINK	Multiply Integers	M	NS				
6-04	PINK	Divide Integers	M	NS				
6-05	PINK	Absolute Value	M	NS				
6-06	PINK	Using Distributive Property with Integers	MH	A				
6-07	PINK	1-Step Equations with Integers	MH	A				
6-08	PINK	Simplify Monomials "x" & "I"	MH	A				
6-09	PINK	Combine Like Terms	MH	A				
7-01	BROWN	Group & Order with Decimals	MH	NS				
7-02	BROWN	Zero Strategy w Decimal by Decimal	MH	NS				
7-04	BROWN	Divide Fractions	MH	NS				
7-05a	BROWN	Distributive Property w/Whole Numbers	MH	NS				
7-05b	BROWN	Undistribute or Factor w/ Whole Numbers	MH	NS				
7-06	BROWN	Distributive w/ Fractions	MH	NS				
7-07	BROWN	1- & 2- Step Equations w/ Whole Numbers	MH	A				
7-08	BROWN	2-Step Equations w/ Integers	MH	A				
7-09a	BROWN	nth Terms, Patterns (Pattern, Slope Only)	MH	A				
7-09b	BROWN	nth Terms, Patterns (0th Term, Y-Intercept, Only)	MH	A				
7-09c	BROWN	nth Terms, Patterns (nth Term Rule, y-mx+b)	MH	A				
7-10	BROWN	ID Slope & Y-Intercept from Std & Slope/Int EQ	MH	A				
7-11	BROWN	Find Slope from 2 Points	MH	A				
7-12	BROWN	Square 2-Digit Numbers	MH	NS				
7-13	BROWN	Multiply Binomials	MH	A				
7-14	BROWN	Factor 2nd Degree Polynomials	MH	A				

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