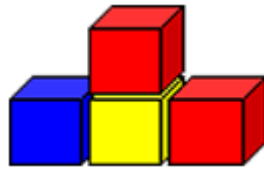


## Up and Down Staircases

One block is needed to make an up-and-down staircase, with one step up and one step down.



4 blocks make an up-and-down staircase with 2 steps up and 2 steps down.



How many blocks would be needed to build an up-and-down staircase with 5 steps up and 5 steps down?

Explain how you would work out the number of blocks needed to build a staircase with any number of steps.