

MULTIPLES OF 7

Hello my little mathematicians! This week we are going to focus on the number 7. I want you to spend this week getting to know the multiples of 7 inside and out!

You can tell if you know the multiples of this number if you can say the multiples from 7 to 77 with no more than 3 seconds between each number. That means you should be able to say these numbers in about 30 seconds!

Here's how you're going to become a star at the 7 times tables. You will need a stopwatch for this activity. You can time yourself or you can get someone to time you.

STEP ONE – Monday:

- Say the multiples of 7 out loud (7- 77) and time yourself
- Record your time
- You will probably be longer than 30 seconds and that is just fine!
- Listen to this song and sing along with it, see if you can memorize the words

<https://www.youtube.com/watch?v=t4xU4CiaGvg>

STEP TWO – Tuesday:

- Here's another song to listen to. This video has all the times tables, you can find the one for 7 at the 3:11 mark. <https://www.youtube.com/watch?v=EgjCLhoI9Mk>
- For this activity you will need a ball or something of a similar size. You are going to pass the ball from one hand to the next across your body – make a big movement here. Each time you get the ball in your hand, squeeze it and say a multiple of 7.
- Now time yourself as you say the multiples of 7 out loud. Record your time.
- Did your time improve? Even if you decreased your time by a couple of seconds, you are on your way to mastering the multiples!

STEP THREE – Wednesday:

- Here's another song to listen to.
<https://www.youtube.com/watch?v=VEnQbnxWtqM>
- For this activity you are going to do high knee raises. Lift your knee in front of you as high as you can and say the multiples of 7.
- Now time yourself as you say the multiples. Record your time. Are you quicker than yesterday's time? If you are concentrating on you what you are doing, you should be.

STEP FOUR – Thursday:

- Pick your favorite song from this week and listen to it again.
- Today you are going to jump like a bunny. Each time you jump you are going to say the multiples of 7.
- Now time yourself and record your time again. You should be seeing a decrease in your time.

STEP FIVE – Friday:

- Today's the day to see your final improvement. You can do any of the above exercises to warm up or listen to any of the above songs.
- When you are ready say the multiples of 7 loud and proud and don't forget to time yourself.
- Record your time. How close are you to the 30 seconds? I bet you are a lot closer than you were on Monday!

YOUR HOMEWORK - When you email your classroom teacher your homework give her Monday's time as well as Friday's time. Be honest. I will be able to tell how hard you practiced when we next do math together 😊

Good luck and have fun!