

HELPING YOUR CHILD LEARN THE 7 TIMES TABLE



SUPPORTING THE JOURNEY FROM OWL TO PARROT

At school, we help children learn their multiplication tables in two stages.

OWL – I UNDERSTAND HOW IT WORKS.

I can see the pattern.
I understand that the 7 times table is groups of seven.

7 7 7

7 + 7 + 7 = 21

PARROT – I CAN RECALL THE ANSWER QUICKLY AND AUTOMATICALLY.

I know the facts instantly.
I am fluent and confident!

THE 7 TIMES TABLE

MULTIPLICATION FACT	READ IT AS...	ANSWER
1 × 7	One seven	7
2 × 7	Two sevens	14
3 × 7	Three sevens	21
4 × 7	Four sevens	28
5 × 7	Five sevens	35
6 × 7	Six sevens	42
7 × 7	Seven sevens	49
8 × 7	Eight sevens	56
9 × 7	Nine sevens	63
10 × 7	Ten sevens	70
11 × 7	Eleven sevens	77
12 × 7	Twelve sevens	84

A POWERFUL STRATEGY: USE ANCHOR FACTS

We split 7 into 5 and 2.
We know the 5 times table and the 2 times table.
So we can use them (our anchor facts) to find any 7 × fact!

EXAMPLE 1: 8 × 7

8 × 7 = 8 × 5 + 8 × 2

8 × 5 = 40 | 8 × 2 = 16

40 + 16 = 56

EXAMPLE 2: 9 × 7

9 × 7 = 9 × 5 + 9 × 2

9 × 5 = 45 | 9 × 2 = 18

45 + 18 = 63

This strategy helps your child find answers and builds confidence as they learn!

HOW PARENTS CAN HELP AT HOME

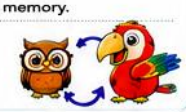
ENCOURAGE MATHEMATICAL LANGUAGE

Ask your child to say each fact aloud:
"Eight sevens are fifty-six."
Use saying and saying to strengthen memory.

CELEBRATE PROGRESS

Celebrate their successes!

- quicker answers
- higher scores
- improved fluency
- better confidence



BUILDING QUICK RECALL (PARROT STAGE)

Short, regular practice is best!

- 3–4 times each week
- 5–10 minutes each session
- Focus on the 7 times table

ONLINE LEARNING & INTERACTIVE PRACTICE

1 TIMES TABLES ROCK STARS (TTRS)

- Play 3–4 times each week
- 5–10 minutes each session
- Helps on the 7 times table
- Focus on the 7 times table

2 TIMESTABLES.CO.UK

A fantastic website with lots of fun ways to explore multiplication.
It helps strengthen understanding before increasing speed.

3 MULTIPLICATION TABLES CHECK (MTC) PRACTICE

Children can prepare for the national Multiplication Tables Check using:

- Mrs Thompson's MTC
- Maths Frame MTC

4 THE 6-SECOND RULE

When using MTC practice sites, set the timer to 6 seconds per question.
This builds the quick recall expected in school.

5 TOPMARKS – HIT THE BUTTON

A popular game for quick-fire mental maths practice.
(Not part of our official curriculum, but a great extra resource to build confidence and recall.)

TOP TIPS FOR LEARNING THE 7 TIMES TABLE

- Practise little and often.
- Say the facts aloud.
- Look for groups of seven everywhere!
- Use anchor facts (5s and 2s) to help you remember.
- Celebrate effort as well as correct answers.

FROM OWL... ...TO PARROT... ...AND BEYOND!

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