

Suggested Daily Timetable for Home When School Closes

Time	Activity	Notes/ examples
Up to 9am	Wake up	Including eating breakfast, making your bed, getting dressed
9-10am	Get physical	Walk, jog, bike ride, yoga, trampoline
10 – 11am	Learning time	See learning sent weekly from school
11 – 12pm	Snack time Creative time	Lego, imaginary play, art and crafts, baking, cooking, gardening
12 – 1pm	Lunchtime and chore time	Help with jobs such as laundry, washing up, dishwasher, wiping kitchen surfaces, bathroom surfaces and all door handles/light switches
1pm – 1.30pm	Five Minutes Mindfulness 25 minutes quiet reading	Mindful breathing, eating, smelling, listening
1.30 – 2.30pm	Learning time	See learning sent weekly from school
2.30 – 3pm	Snack time Small Acts of kindness	Help someone out or contact a friend or elderly relative who may be feeling lonely or unwell
3 – 4pm	Learning time	See learning sent weekly from school
4 – 5pm	Fresh air (where possible) and time in nature	
5 – 6pm	Dinner time	
6 – 7pm	Calm time and family time where possible Gratitude	Bathtime, storytime, TV time, board games, quizzes, plan your day for tomorrow together Reflect on things you have enjoyed today and things you are grateful for
7pm onwards	Bedtime	Sleep is very important for keeping your immune system strong

Links to Five Ways to wellbeing:

Be active

Take Notice

Give

Connect

Keep learning

Expectations for learning to be sent home

Learning to be emailed Monday morning via Edulink by 10am.

Subject	Frequency
Reading	Daily
Writing	3 times per week: SPAG activity Spelling activity Writing activity
Maths	3 times per week: Maths No Problem activity Times tables/fluency activity Worksheet to recall Autumn learning (focus on four operations - formal methods)
Science	Fortnightly
Non-core	Fortnightly (this to be sent as first two week block followed by science if period at home continues beyond two weeks)

Notes:

A home schooling book will be sent home with every child to record their learning.

Year 6 may follow a slightly different plan in order to be prepared for secondary transition.

At present learning at home will not be marked by school – this will be reviewed after Easter.

Resources to support parents

Maths ideas

<https://pages.sumdog.com/home-learning-during-school-closures/home-learning-for-parents/>

Mathsshed activities set by teachers

English ideas

<http://www.pobble365.com/>

Spellingshed activities set by teachers

Science ideas

<http://www.sciencefun.org/kidszone/experiments/>

<https://www.rasmussen.edu/degrees/education/blog/simple-stem-activities-for-kids/>

Phonics websites and apps

https://f48510d9-6937-415b-bdb2-25eaa3388556.filesusr.com/ugd/603045_6cdec613deac4f1d9a79c4c97b371c12.pdf

Creative ideas

<https://savedyouaspot.com/2020/03/12/20-screen-free-things-to-do-with-your-kids-indoors-when-school-is-closed/>

Singing

<https://decca.com/greatbritishhomechorus/>

Mindfulness ideas

<https://www.actionforhappiness.org/calendars>

<https://www.cosmickids.com/> - yoga and mindfulness online

Outdoor play/learning ideas

<http://lulastic.co.uk/parenting/80-fun-outdoor-activities-for-kids-things-to-do-outside/>

Physical activities

<https://www.familyfuntwincities.com/physical-activities-for-kids/>

<https://mommypoppins.com/newyorkcitykids/25-exercise-games-indoor-activities-for-kids>

Play library

<https://www.boromi.co.uk/dailyplay>

Brainteasers

<https://www.prodigygame.com/blog/brain-teasers-for-kids/>

<https://brightside.me/wonder-quizzes/17-challenging-brainteasers-for-kids-that-will-stretch-your-brain-193205/>

<https://www.everythingmom.com/parenting/riddles-and-brain-teasers-for-kids>

Quizzes

<https://quizglobal.com/play/browseqanda/Kids>

<https://www.natgeokids.com/uk/>

<http://www.freepubquiz.co.uk/kids-quiz-questions.html>

<https://www.knowalot.org/>

Healthy Snack ideas

<https://www.healthline.com/nutrition/healthy-snacks-for-kids>

<https://www.bbcgoodfood.com/recipes/collection/snacks-kids>