

Daily work schedule

Before 9.00 a.m.	Wake up	Make your bed, Eat your breakfast, Brush your teeth Get dressed.
8.45 a.m.- 9.30 a.m.	Physical activity and outdoor time.	Go out for a family walk. Dance around your lounge or play out in your garden. Work out with Joe Wicks (thebodycoach.com.) or get onto Go Noodle!! (www.gonoodle.com)
9.30 a.m.- 10.30 a.m.	Academic Time (English)	No electronics, 15- 30 minutes of daily reading. An English activity from your pack- this could be a story, creative writing or a reading comprehension. A couple of literacy websites that may be of help: www.radioblogging.net/index.php/welc... Jane Considine will be showing you how to sentence stack to produce some creative writing at 9.45 a.m. everyday. www.youtube.com/c/thetrainingspace
10.30 a.m. - 10.45 a.m.	Break and snack time.	Try to be healthy and get one of your 5 a day and get some fresh air.
10.45a.m.- 12.00 a.m.	Academic Time (Maths)	15 minutes of Timestables Rockstars, practicing number bonds or timestables. Maths task from your pack or on https://www.MyMaths.co.uk You may want a brain break and at 11.30 a.m. and do a dance class with Oti Mabuse: https://www.youtube.com/channel/UC58aowNEXHHnfIR_5YTtP4g
12.00 p.m.- 12.30 p.m.	Lunch	
12.30 p.m.- 1.00 p.m.	Physical exercise/ Home chores.	Go out for a family walk. Dance around your lounge or play out in your garden or do some yoga get onto Go Noodle!! https://www.gonoodle.com Clean rooms, put toys away, look after your pet, help with the dishes, take out the rubbish.
1.00 p.m.- 3.00 p.m.	Academic Time (other subjects)	Have a look at the activities suggested in your packs for Science, ICT, History and Geography and spend some time working on these. You could also get creative and do some baking or art during this time too. Lots of people are creating rainbows to put in their windows so that children have something to look out for if they're out on a walk. Some classes even have presentations that they could begin to work on in this time too. If you wish to have some quiet time you would do some mindfulness colouring or maybe even a jigsaw puzzle. At 1.00 p.m. everyday http://www.kennedt-center.org/mowillems Mo Willems is showing children how to draw doodles Lots of celebrities are reading stories so take a look on Youtube and also you may want to check out: https://twitter.com/mrjamesmayhew
3.00 p.m. onwards		There are drawing websites for some quiet time such as: And at 6.00 p.m. https://www.youtube.com/watch?v-z8-Pq0_yaKs

If you are short of books to read then there are many companies offering books online that the children can access for free. Many of these can be used for AR tests if you are in Key Stage 2.

<https://worldbook.kitaboo.com>.

<https://scholastic.com>

<https://www.storylineonline.net>

Also there are some ideas for creating play time at home when we cannot get out and meet up with friends due to the need to social distance.

<https://www.rethinkingchildhood.com>