

Suggested daily timetable

Before 9am	Wake up	Eat breakfast, make your bed, get dressed, put PJ's in the laundry.
9-10am	Morning walk	Family walk with the dog. Yoga (cosmic kids) Supermovers (bbc teach) Youtube exercise clips (Joe Wicks etc.) - if it's raining.
10-11am	Academic time	NO ELECTRONICS OR SOCIAL MEDIA Learning projects (see school website for weekly projects) Sudoku, flash cards, phonic/spelling practise. Keep a journal.
11am-12noon	Creative time	Lego, drawing, painting, crafting, play music, cook or bake, act out your favourite story...
12:00	Lunch	
12.30	Chore time	Wipe all kitchen tables and chairs. Wipe all the door handles, light switches and desktops. Wipe bathrooms, sinks and toilets.
1-2pm	Quiet time	Reading, puzzles, games, lego, small world, playtime. Write a letter to someone who lives on our street who may be on their own.
2-3pm	Academic time	ELECTRONICS ARE OK HERE Times Table Rock Stars ipad/kindle games, educational games or apps
3-4.30pm	Afternoon fresh air	Bikes, walk the dogs, play outside
4.30pm	Staff storytime	Listen to one of the teachers from your school read a story online (school website)

Every day we will...

Reading 	Writing 	Maths 	Wider Curriculum
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Set up your family's daily plan

Wake up time: _____

Breakfast: _____

Session 1: _____

Session 2: _____

Lunch: _____

Session 3: _____

Session 4: _____

Session 5: _____

Session 6: _____

Dinner: _____

Free time: _____

Bedtime: _____

Let's keep moving!

In the garden	In the house	With WiFi
Hop scotch	Musical statues	Go noodle https://www.gonoodle.com/
Skipping	Follow the leader	Youtube: Cosmic Kids Yoga https://www.youtube.com/user/CosmicKidsYoga
Tag/touch	Balloon volleyball	You tube: Move to learn https://www.youtube.com/user/MovetoLearnMS
Obstacle course	Follow the leader	Youtube: Learning Station https://www.youtube.com/user/TheLearningStation
Crab football	Simon says...	Youtube: Just Dance https://www.youtube.com/results?sp=mAFB&search_query=just+dance
Races	Find five things that begin with...	Change for life 10 minute shake up https://www.nhs.uk/10-minute-shake-up/shake-ups
Plant some seeds and look after them	Create a challenge jar with paper slips	Youtube: Have fun teaching https://www.youtube.com/user/havefunteaching
Build a den	Build a fort	BBC teach: Supermovers https://www.bbc.co.uk/teach/supermovers
	Balancing	You tube: Jack Hartman https://www.youtube.com/user/JackHartmann

If you need help with learning at home please email

homelearning
[@novaprimarieschool.co.uk](mailto:homelearning@novaprimarieschool.co.uk)

Make sure you put FAO: teacher (insert name) in the subject line

Prevent Gadget Zombies

Limit to 1 hour per day
 No work = No Gadgets!

 Wash your hands	 Use a tissue for coughs	 Avoid touching your face
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