

Dear Parents and Carers,

As you embark on home learning we thought that a suggested timetable may help. As many of you are aware structure is the key to a school day. Structure gives us all a feeling of control, a sense that we are ticking things off our 'to do list' and also clearly show us when we can break, guilt free and enjoy ourselves.

Some hints and tips (use if you wish)

- All of your children are able to work independently on some tasks, so remember to give them some space to complete activities their own way and this will also enable you to do your work
- When 'teaching' an activity take a small aspect of learning. Don't bite off more than you can chew! 20 minutes of instruction is enough for anyone
- They will make mistakes – try to focus on the aspect of learning that you chose for that day. If you correct everything they will give up, you will be driven insane, and then there will be tears.
- Have a list of 'non negotiables' that you know that they know (but they still forget when concentrating on something else) e.g. full stops, certain spellings. They can go back and correct these when the tricky learning is done. We love a green pen for this editing stage.
- Praise effort not outcome. This may be a cliché but if they have worked their socks off you really can't ask for anything more.
- The ratio for teacher talking and pupil talking is 20:80. They are going to want to do things their way, you're not always going to get it and want to 'teach' them your way so that you understand. It's a very common mistake. Let them do most of the talking and you will tap into the wondrous mind of a child.
- In case of emergency: email the school and someone will help you out!! ☺

Time	Activity	Suggestions/opportunities
8-9	Wake up Get up, dressed and breakfast	<ul style="list-style-type: none"> • Make your bed, get dressed, help with laundry perhaps • Take it in turns to lay the table for breakfast • Share the timetable for the day • Write it somewhere everyone can see it
9-10	Morning exercise Abiding by new Government guidelines	<ul style="list-style-type: none"> • Take a walk or walk the dog if you can • Try Mr Ruff's daily sessions • Try Joe Wicks daily workout on YouTube • Make up a dance
10:00 - 10:15	Break	Have a drink and a healthy snack
10:15 – 11:15	Academic learning No devices	Complete an activity from your home learning. This could be adult led
11:15 – 12:15	Creative learning	<ul style="list-style-type: none"> • Lego, construction • Art, DT • Baking, music
12:15 – 1:15	Lunch time and chores	<ul style="list-style-type: none"> • Lay the table • Help get lunch ready • Help clear up afterwards, load dish washer, dry up
1:15 – 2:00	Quiet time	Read a book, do a puzzle, drawing, TV
2:00 – 3:00	Academic learning	<ul style="list-style-type: none"> • Something leading on from the morning that is more independent • Devices allowed
3:00 – 4:00	Afternoon fresh air Abiding by new Government guidelines	<ul style="list-style-type: none"> • Exercise time • Go for a walk if you can • Does the dog need another walk? • Go on your bike • Do some gardening
4:00-5:00	Free time/academic free choice	<ul style="list-style-type: none"> • Play in your room • Pick something from your home learning that you would like to have a go at
5:00-6:00	Dinner	<ul style="list-style-type: none"> • Help lay the table • Clear up etc.
6:00- bedtime	Bedtime routine	<ul style="list-style-type: none"> • Chill out • Get ready for bed • Bedtime story (extra for children who followed the schedule and didn't whinge or fight!!)