



















A suggested home- learning timetable for children at Preston Candover Primary School:

Before 9 am	Wake up		<p>Normal morning routine, may include:</p> <ul style="list-style-type: none"> -Have breakfast -Get dressed -Brush your teeth -Make your bed -Tidy your room
9.00- 9.30 am	Exercise Time		<p>You could use Joe Wicks on You Tube in this slot or use the ideas below.</p>
9.30- 10.15	School Learning Time		<p>No electronics unless you need it for your learning activity. Look on the school website for your learning. Also use: My Maths, TTRS and Purple Mash or suggested websites.</p>
10.15- 10.30	Break time		<p>This is a chance to have: a drink, a snack and time to relax or have a run around in the garden.</p>
10.30- 11.15	School Learning Time		<p>No electronics unless you need it for your learning activity. Look on the school website for your learning. Also use: My Maths, TTRS and Purple Mash or suggested websites.</p>
11.15- 12.00	Creative Time		<p>Creative activities could include: something from the Foundation subjects in your school learning pack or activities from the list below.</p>
12.00- 13.00	Lunch Time and Relax Time for everyone		<p>Help your parents or carers make your lunch and have lunch altogether. If it is a sunny day, maybe you could have a picnic in the garden. After lunch, this could be a time for controlled electronics (Please remember online safety and supervise your children).</p>

13.00- 13.30	Exercise Time		See 'Exercise Time' below for ideas.
13.30- 14.00	School Learning Time		No electronics unless you need it for your learning activity. Look on the school website for your learning. Also use: My Maths, TTRS and Purple Mash or suggested websites.
14.00- 14.30	School Computing Time		If you have access to an electronic device use this time to go on to: Year R- Purple Mash Year 1 - Purple Mash and My Maths Year 2 to Year 6- Purple Mash, My Maths and TTRS. All children will have learning set or they can explore.
14.30- 15.00	Quiet Time		Please use this time to read a book. Please read with your child and record this in their reading records. This would be a fantastic time to complete one of their learning tools, towards their story wings. You could also use this quiet time to play a family board game.
15.15-15.30	Break time		This is a chance to have: a drink, a snack and time to relax or have a run around in the garden.
15.30- 16.30	Fresh Air Time		Use this time to get outdoors in a safe environment (remember to keep a social distance).
16.30- 17.00	Free Time		Children are allowed to choose an activity with parent support. This could be a time for controlled electronics (Please remember online safety and supervise your children).
17.00- 18.00	Dinner and Relax Time for everyone		Help your parents or carers make your food and have dinner altogether. Time to relax and reflect on the day together.
18.00- onwards	Normal School Evening Routine		Make sure you stick to your normal school evening routine, so that you are ready for learning and that you feel happier the next day. Before bed time, maybe you could enjoy a story together.

Exercise Time:

- Golden mile in your garden or a safe space outside with an adult
- Joe Wicks You Tube fitness from 9- 9.30 am every day
- Ride a bike or scooter in your garden or a safe space outside with an adult
- Jump on your trampoline
- Skipping
- Yoga- cosmic kids yoga on You Tube
- Ball games outside
- Create an obstacle course
- GoNoodle on you tube
- Kids Work out- https://www.youtube.com/watch?v=L_A_HjHZxfI
- Set yourself challenges- How many times can you bounce a tennis ball on a racquet, how many times can you throw and catch a ball?, etc

Creative Time:

- Arts and crafts
- Lego
- Drawing
- Colouring
- Singing
- Playing a musical instrument
- Cooking and baking
- Play dough
- Junk modelling
- Painting
- Drama- create a play or short drama
- Photography
- Dance