



New! Summer Term Home Learning Routines and Planner

Time	Monday - Friday																																																																																																																																																																									
Before Learning	<p>Ensure you keep to a routine Get up at the same time each morning as you would if you were coming to school. It is too easy to start to have a 'lie-in' Get washed and dressed Have a healthy breakfast.</p>																																																																																																																																																																									
9:00am – 9:30am	<p>Take part in the daily exercise lesson in your own home. This may be in the form of online fitness through Joe Wicks https://www.thebodycoach.com/blog/pe-with-joe-1254.html or through developing your own indoor fitness session such as this: https://metro.co.uk/2020/04/04/lockdown-fitness-2-12505083/</p>																																																																																																																																																																									
9:30 – 10:00am	<p>'The Basics' Maths Skills: Undertake simple times tables challenges such as this:</p> <p style="text-align: center;">Can you beat your previous score? </p> <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th>X</th> <th>1</th> <th>2</th> <th>3</th> <th>4</th> <th>5</th> <th>6</th> <th>7</th> <th>8</th> <th>9</th> <th>10</th> <th>11</th> <th>12</th> </tr> </thead> <tbody> <tr><td>1</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>2</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>3</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>4</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>5</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>6</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>7</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>8</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>9</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>10</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>11</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>12</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </tbody> </table> <p style="text-align: center;">This time I got _____ correct. 😊</p> <p>Time how long it takes you to complete, to make it harder play against friends online. Try mixing up the order of the numbers.</p> <p>English Skills: Ensure you spend 20 minutes a day reading. Consider reading aloud to a family member and summarising what has happened every 3 or 4 pages.</p>	X	1	2	3	4	5	6	7	8	9	10	11	12	1													2													3													4													5													6													7													8													9													10													11													12												
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<p>12:00pm – 12:30pm</p>	<p>Lunch – Have a light lunch e.g. a sandwich fruit, don't forget to drink plenty of fluids with lunch and throughout the day. Prepare the lunch yourself and offer to make lunch for others at home. Make sure you wash up the dishes afterwards.</p>
<p>12:30pm – 1:00pm</p>	<p>Random Act of Kindness Do something kind for someone else with no expectation of reward or return.</p> <p>Play a game / technology time Whether it be a board game or console interact with other inside or online. Many board games have app versions too!</p> <p>Be informed Watch the news and find out what has been happening in the world this week. Use this link: https://www.bbc.co.uk/newsround</p>
<p>1:00pm – 2:00pm</p>	<p>Alternative learning: The Department for Education have produced a number of websites that have been gathered together by education specialists in order to help you with specific subjects. The link can be downloaded here: Government resource list for secondary school children</p>
<p>After Learning</p>	<p>Help - Offer to help out around the home, do some housework or help make tea.</p> <p>Stay in touch with friends – Do something you enjoy. You may not be able to see your friends but you can, keep in contact and check in with each other using facetime, whatsapp, xbox, etc</p> <p>Learn something new – this time provides us with an opportunity to try to learn something new, whether it is something out of the ordinary like magic, something physical like yoga or something creative such as a type of dance or how to sketch better. End the day doing something you will enjoy!</p>