Suggested Daily Timetable

**How you structure the day is up to you however, we would suggest children are not completing activities for a lengthy period. You might want to try to include some of the following everyday:**

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| **Keeping Active**  | * Play outside in the garden
* Go for a walk/run/cycle with your family members
* Join Joe Wicks for the daily PE lesson at 9:00am
* Use Go Noodle
* Complete some yoga using ‘Cosmic Yoga’
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| **Be Creative**  | * Complete some of the tasks on your homework menu e.g. make a Viking sword, shield and helmet
* Complete your own science experiments using objects at home
* Make up a new playground game for when you come back to school (present it to Mr Tolson!)
* Draw/paint/build a wonderful piece of artwork
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| **English**  | * Complete the daily activity for English on your class page
* Read the next given part of Time Travelling with a Hamster and complete the activity to go with it.
* Read a book for fun!
* Complete a diary of what you are doing each day
* Log on to Spelling Shed
* Play games on BBC Bitesize
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| **Maths** | * Complete the daily activity for Maths on your class page
* Log on to MyMaths and complete some activities on there
* Test your times tables on TT Rockstars
* Play games on BBC Bitesize
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| **Device Time**  | * Solve puzzles and create games using Studio Code
* Practice your typing skills using Dance Mat Typing
* Discover other educational apps you can find and use in the app/android store.
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| **Quiet Time** | * Use the Headspace or Calm app to be more mindful
* Sit in the garden and just listen to what you can hear (write a poem about it)
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Website/App Links:

P.E. with Joe: <https://www.youtube.com/user/thebodycoach1/videos>

Go Noodle: <https://www.gonoodle.com/>

Cosmic Kids Yoga: <https://www.youtube.com/user/CosmicKidsYoga>

Headspace for Kids: <https://www.headspace.com/meditation/kids>

Calm: <https://www.calm.com>

Studio Code: <https://code.org/student/elementary> (scroll down and click on the courses to learn how to code)

Dance Mat Typing: <https://www.bbc.co.uk/bitesize/topics/zf2f9j6/articles/z3c6tfr>