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:**

|  |  |
| --- | --- |
| **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’ |
| **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 |
| **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 |
| **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 |
| **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. |
| **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) |

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>