

	Suggested timetable KS1 and KS2	Take time out with the family to adjust- please don't do too much!
Before 9.00	Wake Up <ol style="list-style-type: none"> 1. Have breakfast 2. Help with the dishes 3. Brush your teeth 4. Make your bed 5. Get dressed 	
9.00-9.30	Exercise <ol style="list-style-type: none"> 1. Joe Wicks Workout OR 2. Go Noodle OR 3. DDMIX OR 4. Cosmic Yoga 5. Dancing with Oti Mabuse 	https://www.thebodycoach.com/blog/pe-with-joe-1254.html https://www.youtube.com/user/CosmicKidsYoga https://www.nhs.uk/change4life/activities
9.30-10.30	Home Learning Pack - English Focus <ol style="list-style-type: none"> 1. Phonics or Spelling Activities 2. Reading Activities 3. Writing Activities 4. English CGP Activities 5. Story time- Audible or Elevenses https://stories.audible.com/start-listen https://www.worldofdavidwalliams.com/elevenses/ 	http://www.pobble365.com/ https://www.literacyshedplus.com/en-gb/free-resources https://www.teachyourmonstertoread.com/ https://www.oxfordowl.co.uk/for-home/ https://www.teachitenglish.co.uk/ https://resources.poetrysociety.org.uk/ https://www.worldofdavidwalliams.com/schoolzone/ https://www.wimpykidclub.co.uk/teachers-resources/ https://www.seussville.com/ https://www.roalddahl.com/create-and-learn/teach https://www.shakespeareweek.org.uk/ https://www.bbc.co.uk/bitesize
10.30-11.00	Break Time <ol style="list-style-type: none"> 1. Get some fresh air in the garden 2. Have a snack 3. Chill out time 	

11.00-12.00	Home Learning Pack – Maths Focus <ol style="list-style-type: none"> 1. Time Tables Rock stars 2. Times Tables Activities 3. Maths pack work 4. Maths CGP Activities 5. Carol Vordermann- Maths challenge 6. Coding 	https://www.mathsisfun.com/ https://www.coolmath4kids.com/ https://www.prodigygame.com/ https://www.coolmathgames.com/ https://www.topmarks.co.uk/ https://apps.apple.com/gb/app/little-digits-finger-counting/id511606843 https://ttrockstars.com/ https://www.mathschase.com/ https://apps.apple.com/us/app/tynker-coding-for-kids/id805869467 https://www.bbc.co.uk/bitesize/topics/zjv39j6 https://www.bbc.co.uk/bitesize https://www.themathsfactor.com/ (Carol Vordermann) https://mediasmart.uk.com/primary-resources/ https://scratch.mit.edu/ https://microbit.org/projects/design-challenges/ https://www.stem.org.uk/primary-computing-resources
12.00-1.00	Lunch <ol style="list-style-type: none"> 1. Have your lunch 2. Chill out time 3. Get some fresh air in the garden 	
1.15-2.00	Home Learning Pack <ol style="list-style-type: none"> 1. Complete the home learning activities from another subject 2. Art Work 3. Lego Challenge 4. Cook 5. Go for a walk https://www.bbc.co.uk/bitesize/topics/zjv39j6 	https://apps.apple.com/gb/app/puppet-pals-hd/id342076546 https://www.jamesdysonfoundation.co.uk/resources/challenge-cards.html https://bpes.bp.com/ www.science-sparks.com https://edu.rsc.org/resources/primary https://www.funbrain.com/ https://sciencebob.com/ https://www.bbc.co.uk/bitesize http://www.physics.org/marvinandmilo.asp https://www.historyforkids.net/ https://www.teachithistory.co.uk/ https://schoolhistory.co.uk/resources/ http://www.primaryhomeworkhelp.co.uk/ https://www.ichistory.com/ https://www.bbc.co.uk/iplayer/ (Horrible Histories)

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2.00-2.15	Break Time 1. Chill out time 2. Get some fresh air in the garden	
2.15-3.15	Extra-Curricular Time 1. Play board games 2. Make crafts 3. Lego 4. Cook or bake 5. Read 6. Get arty! 7. Singing / music 8. Gardening 9. Try to avoid electronics	https://medium.com/pobble/simple-and-fun-non-screen-activities-that-children-can-do-at-home-115543cb3b9c https://mediasmart.uk.com/primary-resources/ https://scratch.mit.edu/ https://microbit.org/projects/design-challenges/ https://www.stem.org.uk/primary-computing-resources Languages https://www.duolingo.com/
Nursery and Reception	https://themuddypuddleteacher.co.uk/	

