

## Keeping your routines when learning from home

Time	Monday	Tuesday	Wednesday	Thursday		Friday
Pre-learning	Routine is helpful for your well-being. Get your learning packs out and prepare for learning.					
9.00am – 9.30am	Start the day with a 30 minute work-out with Jo Wickes. These are specially designed work-outs just for school students.  <a href="https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ">https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ</a>					
9.30am - 10.30am	Complete a lesson from your <b>English</b> Google Classroom	Complete a lesson from your <b>Maths</b> Google Classroom	Complete a lesson from your <b>Science</b> Google Classroom	Complete a lesson from your <b>English</b> Google Classroom		Complete a lesson from your <b>Maths</b> Google Classroom
10.30am – 11.00am	Complete a lesson from your <b>Science</b> Google Classroom	Complete a lesson from your <b>English</b> Google Classroom	Complete a lesson from your <b>Maths</b> Google Classroom	Complete a lesson from your <b>Science</b> Google Classroom		Complete a <b>lesson of your choice</b> from Google Classroom
Break	Do something active					
11.30am – 12.30pm	Complete a lesson from your <b>Humanities</b> Google Classroom	Complete a lesson from your <b>Humanities</b> Google Classroom	Complete a lesson from your <b>Humanities</b> Google Classroom	Complete a lesson from your <b>Humanities</b> Google Classroom		Complete a lesson from your <b>Humanities</b> Google Classroom
12.30pm – 1pm	Lunchtime – keep it healthy – drink water					
1pm – 2pm	Be Creative – *Write a poem or a story *Bake or cook something *Use what you have around the house to make a model *Draw or paint a picture *Write a song *Practise an instrument (Check with adult for all of these)	Play a game Scrabble Chess Monopoly A Word Search A Crossword Sudoku	Be Creative – *Write a poem or a story *Bake or cook something *Use what you have around the house to make a model *Draw or paint a picture *Write a song *Practise an instrument (Check with adult for all of these)	Be informed Watch the news and find out what has been happening in the world this week. Use this link: <a href="https://www.bbc.co.uk/newsround">https://www.bbc.co.uk/newsround</a>		Keep a diary Each week keep a record of what you have been up to and what has been going on in the world. Record the work you have completed and the new things you have learnt.
2pm – 2.30pm	Relax and begin reading for 30 minutes each day					
After Learning	Help - Offer to help out around the home, do some housework or help make tea. Relax – 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.					