Suggested timetable

9 – 9.30	P.E The Body Coach/Joe Wicks on Youtube If you can't access this why not do some star jumps, skipping or football in the garden to wake yourself up and be ready for the day?
9.30 – 10.30	Maths Logon to SeeSaw to see your Maths task and supporting videos/links (Some days you may choose to do pages from your learning pack or GCP book as well as, or instead of this.)
10.30 - 11	Break
11-12	Do something fun or that helps you to relax! Literacy Start off with 10/15 minutes of spelling or grammar practise. Then, have a look on SeeSaw to see the writing activities.
12-1	(Mon – Thursday these will be on SeeSaw. On Friday there is a Spelling Shed test on Spelling Shed.) Lunch
1-1.30	Reading Choose one of your books to read either on your own or to somebody. You could also use one of the websites given on this week's home learning task sheet e.g.
1.30 – 1.45	Times tables practise Go on Times Table rockstars or use your Diamond Dash sheets. There is a house colours competition running across school this week – help out your team!
1.45 - 2	<u>Break</u>
2 – 3	Foundation subjects History/Geography/P.E / Art /Science/ICT Many of these tasks are ongoing and do not necessarily need to be completed within a day or week. Look at the home learning plan sheet for examples. You could work on one subject task all week e.g. the Science Nature documentary or do a different one each day!
3-3.30	Mindfulness Try some guided meditation on Youtube or some colouring/puzzles from your Learning Packs.
Daily act of kindness	Do this at any time through the day!

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