



## Suggested Home Learning Timetable ~ Lockdown January 2021

Here is a **suggested** timetable to help you if you are looking for support to help you organise your day  
Remember, your child is used to the routine of a school timetable and may find it easier to work if each day is the same and they know what is coming next.  
The regular breaks will help your child to 'take a breather' then refocus on a new task.

	<b>15min</b> (9:00-9:15am)	<b>5-minute Brain Break</b>	<b>1 hour</b> (9:20-10:20am)	<b>20-Minute Break.</b>	<b>15 min</b> (10:40-10:55am)	<b>5-minute Brain Break</b>	<b>1 hour</b> (11:00am - 12:00pm)	<b>60-Minute Lunch Break</b>	<b>30 min</b> (1:00-1:30 pm)	<b>5-minute Brain Break</b>	<b>1 hour</b> (1:00 - 2:00pm)
<b>Our School day</b>	<b>Spelling &amp; Handwriting</b>		<b>English</b>		<b>Times tables Practice</b>		<b>Maths</b>		<b>Reading</b>		<b>Topic</b>

This task can be an introduction to the English learning time.

Complete work from the Oak Academy or the English Menu

This task can be an introduction to the Maths learning.

Complete work from the Oak Academy or the Maths Menu

Read as a calm-down after lunch  
Do half now and half at bedtime

Work from the homework menu  
Be creative  
Do exercise, such as Jo Wicks

Have a drink of water.  
Go to the loo  
Do some deep breathing  
Play 'Simon Say's  
Write the spelling words on each others backs  
Do 'Just Dance'

Have a drink & Snack  
Go to the loo  
Have a little space from each other (Parent tea-break too!)  
Play, read, 10 minutes  
Tech

Tidy work away for a complete break  
Ensure you all eat and relax  
Get out for some fresh air  
Have a little space from each other

**Top Tips:**  
Swap Maths and English times if your child wants to  
Try to agree the order then keep days similar  
Don't be afraid if a learning time is a few minutes shorter now & again  
Find what works for you all