



## Advice when Learning from Home – Keeping your Routines

Monday	Tuesday	Wednesday	Thursday	Friday
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**Pre-learning:** Wake up early, get washed and dressed and have a healthy breakfast.

9am - Start the day with a 30 minute workout with Jo Wickes.

9.30am - Log onto YouTube, search for Joe Wicks PE lesson.

9.30 am – 10.30am Complete a task from your English Google Classroom / OneNote or FOLDr	Complete a task from your Maths Google Classroom / OneNote or FOLDr	Complete a task from your Science Google Classroom / OneNote or FOLDr	Complete a task from your English Google Classroom / OneNote or FOLDr	Complete a task from your Maths Google Classroom / OneNote or FOLDr
10.30am – 11am Complete a Science task	Complete a task for English	Complete a task for Maths	Science task	Complete a task from a subject of your choice

**Break 11am – 11.30am Do something active or ask if you can help with anything in the house. Wash up instead of the dishwasher! Call a family member – ask how they are. Facetime, even better.**

11.30am – 12.30pm Complete a task from your History Google Classroom	Complete a task from your Geography Google Classroom	Complete a task from your MFL Google Classroom / Active Learn / OneNote	Complete a task from your R.E. Google Classroom / Kaboodle / FOLDr or OneNote	Complete a task from your Art/Technology Google Classroom
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**12.30pm to 1.00pm Lunch – keep it healthy and drink water. Remember to wash up after yourself and your hands!**

1.00pm – 1.30pm Random act of kindness – do something nice, be kind	Complete a wordsearch or crossword, either on-line or in a magazine/newspaper	Complete an activity of your choice on Google Classroom/or play a game – cards, dominoes or complete a jigsaw puzzle	Complete an activity of your choice on Google Classroom	<b>BE CREATIVE</b> <ul style="list-style-type: none"> <li>Write a story</li> <li>Keep a Diary</li> <li>Draw a Picture</li> <li>Bake something (ask an adult first)</li> </ul>
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**1.30pm – 2.00pm RELAX – Read either to yourself or a pet if you have one. It can be a book, magazine, blog or newspaper – it's your choice.**

**After Learning:**

**Offer to help around the home – do housework, help make tea.**

**Relax – Do something you enjoy. Although you may not be able to see your friends, keep in contact and check in with each other.**