

CAWSTON CE PRIMARY ACADEMY HOME LEARNING SUGGESTED TIMETABLE

Activity	Time?	Possible activities
Learning Activities	1 hour	Every day complete online or paper based activities set by your teacher Or by BBC on https://www.bbc.co.uk/teach/live-lessons/primary-live-lessons/zmc9jhv
Spellings	10 mins	Look cover write check, write in a sentence, spelling test, mnemonics, phonics See year group word list for what you need to practise. Practise cursive handwriting
Times tables/ number bonds	10 mins	Online games, paper based or quiz from parent/brother etc. See website class pages for what your year group needs to practice.
Exercise	20 mins at least	Joe Wicks https://www.youtube.com/watch?v=d3LPrhI0v-w Go noodle https://www.youtube.com/channel/UC2YBT7HYqCbbvzu3kKZ3wnw Just dance – youtube just dance Or play wii fit or just dance if you have one Practice mindfulness Active sessions from Premier Education https://www.premier-education.com/stay-active/
Spanish	10 mins	https://www.duolingo.com/ get an adult to create a free account and practise 10 mins a day
Life skills	20 mins	Learn a new skill eg knitting, tie your shoelaces, whittling, cooking, sewing, calligraphy, telling the time, measuring & weighing things, etc.
Read for pleasure	20 mins	Read a book, comic or magazine, keep a reading log Oliver Jeffers.com book sharing for younger pupils or Daily story by David Walliams on bit.ly/AudioElevenses
Create	30 mins At least	Do something creative – draw, dance, sing, paint, write a poem make something etc. Choose a creative activity
Fresh air	30 mins At least	Go outside into the garden, get some fresh air if possible. Play football, go for a run, walk a dog, ride your bike, go for a walk following government guidance and & keeping safe distance for others
Diary/ blog	10 mins	Write a diary entry or blog Draw a picture of what you have been doing etc
Help someone	20 mins	Help your family e.g. Lay the table, tidy your bedroom, help a sibling, read a story to a younger relative, make dinner, wash up etc.
Have fun	At least an hour	Do something you enjoy that makes you happy each day – play, watch TV, read etc.
Connect with others	20 mins	Skype, phone, text, email, write a letter or go on social media to connect with family and friends, especially elderly relatives.