

Suggested timetable (please see notes below)

	Monday	Tuesday	Wednesday	Thursday	Friday
8am	Usual routines for the start of your day e.g. breakfast, brush teeth, get dressed etc				
9am	5 a day fitness (YouTube)	5 a day fitness (YouTube)	5 a day fitness (YouTube)	5 a day fitness (YouTube)	5 a day fitness (YouTube)
9.15am	Reading activities (child to read)	Reading activities (child to read)	Reading activities (child to read)	Reading activities (child to read)	Reading activities (child to read)
9.45am	Writing activity	Writing activity	Writing activity	Writing activity	Writing activity
10.45am	Break and snack				
11am	Maths activity (White Rose link)	Maths activity (White Rose link)	Maths activity (White Rose link)	Maths activity (White Rose link)	Maths activity (White Rose link)
12pm	Lunch				
1pm	Handwriting practice	Handwriting practice	Handwriting practice	Handwriting practice	Handwriting practice
1.30pm	<u>Afternoon activities</u> This may include; cooking/baking together, den building, role play, play dough, Lego/Duplo, board games, colouring, physical activities such as yoga, poster/card/leaflet making, keeping a diary, junk modelling				
2.30pm	Break				
3pm	Story (adult to read)	Story (adult to read)	Story (adult to read)	Story (adult to read)	Story (adult to read)

Notes for parents/carers

You might find it useful to use this suggested timetable at home. We have designed it to follow a similar structure to what the children are used to in school.

Please bear in mind:

- There are lots of activities that you can access on the 'home learning' section of the Ben Jonson website.



- You might like to use a visual timetable with the children that shows them their tasks for the day e.g. A copy of 'home tasks' and 'learning tasks' visuals can be found in the home learning section of our website.
- The activities may not fill the whole time allocated on the timetable – we suggest that the children have a go at the activity for whatever time period they can sustain. Between activities, they are likely to need brain breaks. For example, doing some physical activities such as star jumps, hopping, jumping skipping, as well as more calming activities such as mindful colouring, playing with toys such as Lego/Duplo or board games. If your children are sharing the use of a computer, you may also find these activities useful during this time, as well as some of the ideas included in the 'afternoon activities' section of the timetable.
- If your child finds a task too challenging, consider the resources you have available at home to support them and encourage them to try their best. For example, adults or older siblings/relatives that might be able to help, or objects to use as counters or a ruler as a number line. Please do not worry if your child cannot complete a task. They are just suggested activities and are all optional.