

## Suggested Timetable For Your Day



ACTIVITY	Suggested length of time	
Activities set by my teacher	Up to 1 hour	Every day complete the activities set by your teacher
Spellings	10 minutes	Practise spelling 10 or more words a week from the word list for your year group (in the middle of your Reading Record) Use the strategy: say, look, cover, write, check. Say in a sentence, write in a sentence, have a spelling test etc
Times Tables/ Mental Maths	10 minutes	Log onto <a href="#">Times Tables Rocks Stars</a> or <a href="#">Mathletics</a> . Work on your tables or number bonds to 10 or 20. Or do a written quiz with a family member – try a different times table each week and challenge yourself! Ask your teacher for your log-in details if you don't have them.
Reading for pleasure	20 minutes	Read (to yourself, to someone or with someone) a book, comic or magazine. Whatever you like! Record what you've read in your Reading Records. The children's newspaper <a href="#">First News</a> is uploaded every week – great for keeping up with news around the world! <a href="#">Audible</a> is offering lots of children's audio books for free Ask someone (maybe a grandparent) to listen to you read on FaceTime - or ask them to read to you!
Exercise	At least 10 minutes	Try an online activity such as: <a href="#">Joe Wicks Go Noodle Super Movers</a> Create your own circuits and activities to do with your family – make up a dance routine to your favourite song to get you moving. Add to it each day. Practice mindfulness (see Tips)
Fresh air	At least 20 minutes	Get some fresh air, if possible – in your garden, on your balcony, open a window. If you can, go outside for a walk, kick football, throw a frisbee, use your scooter, walk a dog, ride your bike, go for a walk etc. but remember to stay 2 metres away from anyone that you don't live with.
Help others	Throughout the day	Help out at home eg Lay the table before a meal, tidy your bedroom, help a sibling, read a story to a younger relative, make dinner, do the washing up.
<b>Some other suggestions</b>		
MFL	10 minutes	Get an adult to create a <b>free</b> account with <a href="#">Duolingo</a> and learn a new language for 10 minutes a day
Blog writing	10 minutes	Write a blog piece for your class page. Add pictures and photos and email to your teacher to upload.
Diary entries	10 minutes	These are unusual times so writing about them to look back at in years to come will be a really purposeful activity. Samuel Pepys is most famous for the diaries he wrote during The Great Fire of London – could you be the next Mr Pepys.
Life skills	20 minutes	Play a board game or a card game. Learn a new skill eg knitting, tie your shoelaces, jigsaw puzzle, cooking, sewing, calligraphy, telling the time. Practise your joined up (cursive) handwriting. There will be suggested activities on your class Home Learning page too.
Get Creative!	You choose	Do something creative – draw, dance, sing, paint, write a poem make something etc And don't forget to share it with your teacher by email for the class blog

**To email your teacher, just add your year group to the school email address:**

reception@stjosephs.greenwich.sch.uk    year1@stjosephs.greenwich.sch.uk    etc