



Home Learning Schedule – a suggestion

Time	Activity	Details
8:15am	Wake up	Make your bed; shower; get dressed – no need for school uniform but wear something comfortable.
8:40am	Breakfast	This is the most important meal of the day. Don't forget to wash your hands before and after you eat.
9:30am	Exercise	Try some in house exercise @thebodycoach on you tube. It will set you up for the day.
9:50am	Learning Time	Core Subject: Complete tasks for one of either English, mathematics or science
10:40am	Break	Stretch and relax. You can take time to check social media only if you have to! Wash your hands before and after helping yourself to a snack.
11:00am	Learning Time	Core Subject: Complete a task from a different core subject (English, maths or science)
11:50am	Learning Time	Non-core Subject: Complete a task from one of your non-core subjects.
12:40pm	Lunch	Once you have done this then get in touch with your friends. You can use telephone; FaceTime; Skype; WhatsApp BUT do not go and visit them.
1:30pm	Learning Time	Non-core Subject: Complete another task from one of your non-core subjects.
2:20pm	Break	Stretch and relax. You can take time to check social media only if you have to!
3:10pm	Reading Time	It is important that you continue to develop your reading skills. Spend 20-25 minutes reading either fiction or non fiction; the other 5-10 minutes should be used to check any vocabulary you are unfamiliar with. Can you use this new word in a sentence?
3:45pm	Free time	Your choice of activity will vary from person to person. It could involve playing on your games console or doing something creative, like drawing or playing an instrument – anything that helps you relax.
5:00pm	Dinner	Eat and then try and spend time with your loved ones. If you haven't already then contact some friends, remotely.
6:30pm	Be Kind Time	Naturally, everyone is likely to be worried and frustrated at the moment. Use this time to be nice/kind to someone... it could be by helping out around the house or sending a friend, family member or a teacher a kind message. This could make their day!
7:00pm	Relax	Remember that there a number of mindfulness techniques you can try in order to relax before bed. https://www.mind.org.uk/information-support/drugs-and-treatments/mindfulness/mindfulness-exercises-tips/#MindfulnessExercisesToTry Rest up, have a good night sleep and repeat tomorrow.