[](http://southmolton.fluencycms.co.uk/)

**Suggested Timetables and Activities for Home Learning**

Here are a couple of suggested timetables to provide the children with a bit of structure for while they are off school and learning at home. Please use the time at home as a chance to help the children develop life skills such as cookery (supervised by an adult and age appropriate), helping out with household chores such as washing, cleaning, etc. Also, use it as an opportunity to learn a new skill/hobby with your child. We have also encouraged the children to be in regular contact over the phone or Skype with relatives and friends who may be isolated as a good way to keep up social contact in a safe way. Please try as much as possible to keep the children **physically active** as this is good for their health, wellbeing and development.

Generally, children like structure and to know what is happening each day, so perhaps plan weeks or days together so they know what is happening and so they have things to look forward to. We will continue to send out links to activities. Please also don’t forget the **importance of play** for children (and adults) and try to build in opportunities for play each day. Do vary the activities as much as possible, but try to do activities like maths, reading and writing daily.

Please use timings how you wish and feel free to be very flexible to suit your family.

**Any outdoor activities, please observe the latest social distancing guidance**

**Children in Reception**

**After Breakfast**

**8:30am – 8:50am: Phonics and writing practise using paper resources and online resources.**

**8:50am – 9am: Physical Activity such as yoga, body gym.**

**9am – 9:25am: Online or paper maths games/activities**

**9:25am – 10am: Walk/jog/trip to the park**

**10am-10:30am: Snack and Story**

**10:30am -11:30am: Art and Craft involving cutting, sticking, folding, drawing, painting, etc.**

**11:30-12pm: Phonics and writing practise using paper resources and online resources.**

**12pm – 1pm: Lunch and chill out**

**1pm – 2pm: Play a game/new skill/hobby**

**2pm-3pm: Free play**

**3pm-4pm: Physical Activity – go for a walk,/run/park/scoot/bike/exercise indoors**

**4pm-4:15pm: Reading together**

**After dinner: Reading together**

**Free play**

**Bedtime routine**

**Children in Year 1 and 2**

**After Breakfast**

**8:30am – 9am: Phonics/Reading and writing practise using paper resources and online resources.**

**9am – 9:15am: Physical Activity such as yoga, body gym.**

**9:15am – 10am: Maths activities online or paper based.**

**10am-10:45am: Physical Activity - go for a walk,/run/park/scoot/bike/exercise indoors**

**10:45-11am Snack**

**11am-11:30am: Reading and writing activities online or paper**

**11:30am – 12pm: Project Work**

**12pm-1pm: Lunch**

**1pm – 2pm: Art Activities such as painting, junk modelling, drawing**

**2pm-3pm: Project work**

**3pm – 4pm: New skill or hobby**

**4pm – 4:30pm: Physical Activity - go for a walk,/run/park/scoot/bike/exercise indoors**

**Reading together**

**After dinner**

**Reading together**

**Bedtime routine**

**Lower Key Stage 2 (Years 3 and 4)**

**After Breakfast**

**8:30am – 9am: Reading using either book or online resources**

**9am – 9:45am: Maths activities either online or on paper**

**9:45am – 10:30am: Writing and spelling activities either online or on paper**

**10:30-11am: Physical Activities and Snack**

**11am – 12pm: Project Work**

**12pm – 1pm: Lunch**

**1pm – 2pm: ART activities such as painting, drawing, junk modelling**

**2pm – 3pm: Physical Activity - go for a walk/run/park/scoot/bike/exercise indoors**

**3pm – 3:30pm: Reading**

**3:30pm – 4:30pm: New skill/hobby/activity**

**4:30pm – 5pm: Project Work**

**After dinner**

**Play a game together**

**Read together**

**Upper Key Stage 2 (Years 5 and 6)**

**After Breakfast**

**8:30am – 9am: Reading using either book or online resources**

**9am – 9:45am: Maths activities either online or on paper**

**9:45am – 10:30am: Writing and spelling activities either online or on paper**

**10:30-11am: Physical Activities and Snack**

**11am – 12pm: Project Work**

**12pm – 1pm: Lunch**

**1pm – 2pm: ART activities such as painting, drawing, junk modelling, woodwork, clay, etc**

**2pm – 3pm: Physical Activity - go for a walk,/run/park/scoot/bike/exercise indoors**

**3pm – 3:30pm: Reading**

**3:30pm – 4:30pm: New skill/hobby/activity**

**4:30pm – 5:30pm: Project Work**

**After dinner**

**Play a game together**

**Read together**

These are just guides to give parents an idea of what a day could look like and also gives some ideas as to how to structure a day around some activities. Build a variety of activities in and children should follow their interests and develop their hobbies. If possible, use trips to the beach, countryside and other natural environments where practical which can then be used to help ideas for writing, art and science. Also, do plant seeds and grow things together in the garden or pots as this is a great way of learning about nature for children.

It is vital that children continue their learning through this period of absence. Work like phonics, writing practise, maths practise and reading should be little and often. Other work such as art, projects, science and hobby/new skills can be done less regularly but for a longer time.