

HOME LEARNING

SUGGESTED DAILY SCHEDULE

Children thrive when they are given a routine. Below is an example of how you might set up your child's learning. Please note that this is a suggested outline and should be adapted by you to suit the needs and routines of your family.

Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed and get organised for the day
9:00 – 10:00	Physical activity 	Use the Health & PE matrix provided by the Specialist teachers
10:00 – 11:00	 Literacy Time 	Follow the Literacy matrix provided by your teacher
11:00	Snack & Brain break 	A 10 minute brain break to improve concentration; topic talks, rock-paper-scissors, heads & tails – refer to the Wellbeing matrix
11:30	Mindfulness	Refer to the Wellbeing matrix.
11:40 – 12:30	 Inquiry Time	Use the Inquiry matrix provided by your teacher
12:30	Lunch	
1:00pm	Chore Time 	A - Wipe all kitchen table and chairs B – wipe all door handles and light switches C – parent choice chores as required
1:30 – 2:30	 Math Time 	Follow the Math matrix provided by your teacher
2:30 – 3:30	Specialist Time	Complete an activity from one of the Specialist matrices provided by your Specialist teachers
3:30 – 4:00	Snack & Afternoon fresh air 	Ride your bikes, play outside in your backyard, jump on your trampoline Follow social distancing rules
4:00 – 5:00	Creative Time 	Lego, drawing/painting, craft, listen to music, Minecraft, board games
5:00 – 6:30	Dinner	 For round the table fun family discussions, refer to the Wellbeing matrix
6:30 – 7:30	Free TV time	...includes shower time and getting ready for bed!
8:00 onwards	Bedtime	All kids who follow the daily schedule and don't fight, may be allowed an extra 30mins of 'awake time' 😊