















Bierton Campus Home Learning Suggested Timetable

| | | Suggested activities |
|--------------|---|---|
| Before 9am |  <p>Wake up</p> | Eat breakfast- can you get it yourself or help to prepare it?. Get dressed, put your pyjamas away |
| 9.00- 9.45 |  <p>PE</p> | <p>Do a Joe Wicks live workout https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ</p> <p>Go for a safe walk in your local area Play outside in the garden</p> <p>Have a go at Go Noodle! https://family.gonoodle.com/ - lots of fun workout/dance videos which the children can follow along to.</p> <p>Cosmic Kids Yoga is a great resource with child friendly yoga sessions to follow at home - https://www.youtube.com/user/CosmicKidsYoga</p> <p>BBC Teach have a whole selection of 'Let's Keep Active' videos to watch and follow. They're short and for ages 5-11 - https://www.bbc.co.uk/teach/class-clips-video/physical-education-ks1-ks2-lets-get-active/z72yjhv</p> |
| 9.45 - 10.00 |  <p>Spelling</p> <p>Or Phonics</p> | See online learning set by teachers or spellingshed.co.uk |
| 10.00-10.45 |  <p>Literacy</p> | See online learning set by teachers |
| 10.45-11.00 |  <p>Break</p> | Have a mid-morning snack (try to be healthy) and chill out! |

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| 11.00 -11.15 |  <p>Reading</p> | <p>Read a book from home or one that the school has posted to you! If you have run out of books then you can access ebooks! Register for a free account at https://www.oxfordowl.co.uk/for-home/</p> |
| 11.15-12.00 |  <p>Maths</p> | <p>See online learning set by teachers</p> |
| 12.00 –1.00 |  <p>Lunch</p> | <p>Help your grown up prepare the lunch - eat together if you can Then have some chill out time!</p> |
| 1.00 – 1.15 |  | <p>https://play.ttrockstars.com/auth/school/student/61981 Children can challenge their friends online – please message your teacher if you don't know your log ins!</p> |
| 1.15- 2.00 |  <p>Topic</p> <p>Lifeskills/Topic</p> | <p>See online learning set by teachers</p> |
| 2.00 – 2.15 |  <p>Calming</p> <p>Mindfulness/ Sensory activity</p> | <p>See suggested sensory activity online for ideas Mindfulness: Search for guided videos online e.g. https://www.youtube.com/watch?v=Bk_gU7I-fcU</p> |
| 2.15- 2.45 |  <p>Chores</p> | <p>Ask your grown ups what you can do to help out- empty the dishwasher, tidy up, help change your sheets etc</p> |
| 2.45 onwards |  <p>Fresh air</p>  <p>Tablet</p> | <p>Make sure you have 1 trip outside every day for fresh air!</p> |