










Example of a daily family timetable during school closures

Keeping structure and routines helps children thrive. This is an example of a structure but you will know how much you can manage and what works best for your children. Remaining calm is more important than trying to do all of these areas so select the areas which work best and adapt to the age of your children.

Time	Activity	Ideas (keep washing hands in between!)
9:00 – 9.30	 Reading	Start the day with your child reading a book or online. Try to read their choices, reread old favourites, information books or poetry.
9.30-10.15	 Literacy	Start with a mini phonics / spelling / grammar warm up. Use a writing stimulus to get your child writing stories, information on a project or a poem. Link to afternoon activity.
10.15-10.45	 Exercise/Break	If not allowed outside: stretching, using TV and online exercise videos. Join up with a friend or group online.
10.45-11.30	 Numeracy	Start with a Times tables / mental maths warm up. Use school / website resources linked to your child's year group. Where possible incorporate practical activities such as weighing food, set up a shop for snacks, measuring objects.
11:30-12	 Reward/Relaxation	Agree rewards at start of day – board games, Lego, drawing, listening to / playing music, puzzles, TV time and electronic devices.
12-1pm	Lunchtime	
1-1.30	Quiet time	Reading, yoga, mindfulness activities or other reward activities
1.30-3	 Creative project	This could include the following subjects: science, Art, history, Geography, Design and Technology, Computing, Foreign languages. Make this as practical as possible e.g. creative play, drawing, construction, crafts, music, cooking. Weekly theme could work well e.g. Romans.
3-3.30	 Share a story Reflection	Read aloud to your children or listen to or watch a story. Reflect on thoughts and feelings. Communicate virtually with a friend.
3.30 – 4	 Exercise	
4-5	 Reward/Relaxation	

Blank weekly structure to help plan your week

Friday				
Thursday				
Wednesday				
Tuesday				
Monday				
Timings	Morning Literacy	Morning Maths	Afternoon	Rewards/ Other activities

[Websites to support home learning](#)

Your school may have a subscription to other websites to support.



These are free however you may need to register for some and your school may give you some too

General (links to lots of subjects)

<https://www.topmarks.co.uk/>
<https://www.bbc.co.uk/bitesize/primary>
<http://www.crickweb.co.uk/Early-Years.html> and also KS1 And 2
<https://chatterpack.net/blogs/blog/resources-list-for-home-learning> general links to other websites

Reading

<https://www.oxfordowl.co.uk/> for R-Y6
<https://www.booktrust.org.uk/books-and-reading/have-some-fun/storybooks-and-games/> R-Y2
<https://www.funbrain.com/books>

Literacy

Phonics: <https://www.phonicsplay.co.uk/>
Spelling & Grammar: <https://www.topmarks.co.uk/english-games/7-11-years/spelling-and-grammar>
Creative writing: Once upon a picture <https://www.onceuponapicture.co.uk/>
Y3-6 <https://www.bbc.co.uk/bitesize/subjects/zv48q6f>
Y1-2 <https://www.bbc.co.uk/bitesize/subjects/zgkw2hv>
https://www.bl.uk/childrens-books?gclid=EAlalQobChMI95_jh_ij6AIVzbTtCh1SngAdEAAAYASAAEglzrFD_BwE# - book ideas
https://literacytrust.org.uk/family-zone/?mc_cid=1a89f05f20&mc_eid=cc1ad1b3e5

Exercise

Joe Wicks the body Coach: <https://www.youtube.com/watch?v=d3LPrl0v-w>
NHS Disney Shake UP <https://www.nhs.uk/10-minute-shake-up/shake-ups>
Mindfulness and fitness: <https://www.jumpstartjonny.co.uk/free-stuff>

Numeracy

<https://whiterosemaths.com/homelearning/>
<https://www.bbc.co.uk/bitesize/subjects/zjxhfg8>
<https://nrich.maths.org/>
<https://www.funbrain.com/books>

Lunchtime

<http://spatulatta.com/>

Quiet time

[Yoga and mindfulness https://www.youtube.com/user/CosmicKidsYoga](https://www.youtube.com/user/CosmicKidsYoga)

Creative afternoon

Science: <https://www.sciencebuddies.org/stem-activities>
<https://edheads.org/?>
<https://www.nhm.ac.uk/take-part/dippy-on-tour/dippy-learning-resources.html>
History: <http://www.ancientgreece.co.uk/>
<http://www.ancientegypt.co.uk/menu.html>
<https://www.britishmuseum.org/learn/schools/ages-7-11/ancient-egypt#classroom-resources>
Geography: <https://www.natgeokids.com/uk/category/discover/>
<https://www.ordnancesurvey.co.uk/mapzone/>
Japan <https://web-japan.org/kidsweb/>
Art: <https://www.tate.org.uk/kids>
General: <https://www.dkfindout.com/uk/>
<https://www.brainpop.com/> (subscribe for free access)
Virtual tours of buildings / museums etc:
<https://artsandculture.google.com/project/streetviews>
<https://artsandculture.google.com/explore>

Share a story

<https://www.justbooksreadaloud.com/>
<https://www.bbc.co.uk/programmes/b007t9wg/clips>

Other ideas:

Learn a language: <https://www.duolingo.com/>

Websites with work packs and downloadable resources:

<https://www.tts-group.co.uk/home+learning+activities.html> -
<https://thereadingrealm.co.uk/category/resources/> - have 3 resource packs linked to fairy tales etc.
<https://collins.co.uk/pages/support-learning-at-home> - also have e-books and study guides to download
Early Years Pack: <https://resource-bank.scholastic.co.uk/content/39880>
Key Stage 1 Pack: <https://resource-bank.scholastic.co.uk/content/39881>
Lower Key Stage 2 Pack: <https://resource-bank.scholastic.co.uk/content/39882>
Upper Key Stage 2 Pack: <https://resource-bank.scholastic.co.uk/content/39883>

