

Home Learning Guidance for Parents

Nobody expects you to be working with your child from 9am until 3pm. This just isn't practical, and is likely to end in tears – for you and your child. When it comes to planning your day, there's no such thing as a right or wrong schedule.

Some children may work best if they work in short 15-minute bursts throughout the day, while others may be better suited to a longer, more focused session.

Some will want to get their learning out of the way in the morning, but others may be more alert and ready to learn after a chilled-out morning and some lunch.

If your child is older and beginning to show independence, we encourage you to give them their daily activities and let them choose when they complete them, but be clear that all the day's activities need to be completed within a certain time frame.

Younger children will need more supervision, but the amount of work that they need to do, and the depth in which they explore it, will be short.

Even if they're not travelling to school, it's still good practice for your child to be up, dressed and ready for the day by 9am or thereabouts. Maintaining a regular waking time and bedtime will stop your days spiralling out of control and help your child to stay in a healthy routine.

Below is a suggested timetable for your Key Stage 2 child's day:

9:00	Up, dressed and ready for the day – including having a healthy breakfast
9:00-9:20	Reading
9:20-9:45	Free time
9:45-10:30	Focused learning activities (English/Maths)
10:30-11:00	Free time
11:00-12:00	Focused learning activities (English/Maths)
12:00	Lunch
1:00-2:00	Focused learning activities (learning theme/RE)
2:00-2:30	Physical activity: playing outside, family fitness session
2:30-3:00	Focused learning activities (phonics/spelling/times tables)

Below is a suggested timetable for your Key Stage 1 / EYFS child's day:

9:00	Up, dressed and ready for the day – including having a healthy breakfast
9:00-9:20	Focused learning activity - Reading
9:20-9:40	Focused learning activity - phonics
9:40-10:00	Free choice
10:00-10:20	Focused learning activity – maths or English
10:20-10:45	Creative time (lego, colouring etc)
10:45-11:05	Focused learning activity – counting or handwriting
11:05-12:00	Play games/board games/jigsaw
12:00-1:00	Lunch
1:00-1:20	Focused learning activity – science/learning theme/art
1:20-2:00	Physical activity: playing outside, family fitness session
2:00-2:20	Focused learning activity - science/learning theme/art
2:20-2:40	Free choice
2:40-3:00	Creative time (lego, colouring etc)

Your child's learning will be a mix of online/screen learning and paper based or creative learning. It is very important that your child has regular breaks from the screen and where possible, has some daily physical exercise and fresh air.

It may be helpful for your child to 'tick off' the activities they have completed and uploaded for their teacher to see. This will help your child have a sense of completing the learning set by their teacher and ensure they understand the expectation regarding the work they need to complete.