

Recommended Timetable

Learning from Home Upper Primary

Term 3



Excellence for All

Time	Monday	Tuesday	Wednesday	Thursday	Friday
09.30	Rise and Shine Joe Wicks or 20 min PE challenge (enc)	Rise and Shine Joe Wicks or 20 min PE challenge (enc)	Rise and Shine Joe Wicks or 20 min PE challenge (enc)	Rise and Shine Joe Wicks or 20 min PE challenge (enc)	Rise and Shine Joe Wicks or 20 min PE challenge (enc)
10.00	Maths – arithmetic paper/times tables	English- reading, writing, spelling, handwriting	Maths – arithmetic paper/times tables	English- reading, writing, spelling, handwriting	Maths – arithmetic paper/times tables
10.30	Break and healthy snack				
11.00	Online session English/Topic	Online session Maths/Topic	Online session English/Topic	Online session Maths/Topic	Online session English/Topic
11.30 – <i>suggested activities enclosed</i>	Well-being activity - art	Well-being activity – nature spot	Well-being activity – food tech – healthy eating plate	Well-being activity - mindfulness	Well-being activity - exercise
12.00 – <i>activities enclosed</i>	PSHCE	PSHCE	PSHCE	PSHCE	PSHCE
12.30	Lunch				
1.00	Maths activity	English activity	Maths activity	English activity	Maths activity
1.30	Online session Maths/Topic	Online session English/Topic	Online session Maths/Topic	Online session English/Topic	Online session Maths/Topic
2.00 – <i>activities enclosed; ie board games, word games, snack and chat</i>	Nurture activity/social skills	Nurture activity/social skills	Nurture activity/social skills	Nurture activity/social skills	Nurture activity/social skills
2.30	Break and end of timetable				
NB: <ul style="list-style-type: none"><i>Reflects in class upper timetable</i><i>Packs with activities sent home and updated weekly to both full and part time home learners</i><i>Students will also have 1:1 sessions with class staff and the therapies team.</i><i>Group therapeutic sessions will take place once a week with the therapies team.</i>					