

Stamshaw Junior School – Suggested Home Learning Schedule

Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed
9:00-9:45	Morning Walk/Exercise	Go for a walk outside (whilst maintaining social distancing) or exercise at home
9:45-10:15	Reading	Read a book/e-book/Bug Club
10:15-11:00	Learning time	Core subject time (Maths, English (writing), Science)
11:00-11:45	Creative time	Lego, drawing, baking, painting, music, etc.
11:45-12:30	Lunch	
12:30-13:00	Housework	Help around the house (cleaning, tidying, etc.)
13:00-13:45	Learning time	Non-core subject time (History, Geography, Computing, D&T, Languages, PE, Art, Music, PSHCE)
13:45-14:15	Reading	Read a book/e-book/Bug Club
14:15-15:30	Afternoon break/Free time	Exercise outside (social distancing), play a family game, have a nap, play on tablet/games console, TV
15:30-16:15	Creative time	Lego, drawing, baking, painting, music, etc.
16:15-16:45	Reading	Read a book/e-book/Bug Club
16:45-17:30	Dinner	
17:30-19:30	Free time	
19:30-	Bed time	

With thanks to Jessica McHale