

## SUGGESTED/OPTIONAL TIMETABLE

**Your tasks do not have to be done one after the other, you can have a break in between each task if you choose too.**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Approx. 30 Minutes</b>	Task of your choice – set weekly	Task of your choice – set weekly	Task of your choice – set weekly	Task of your choice – set weekly	Task of your choice – set weekly
<b>Approx. 30 Minutes</b>	Task of your choice – set weekly	Task of your choice – set weekly	Task of your choice – set weekly	Task of your choice – set weekly	Task of your choice – set weekly
<b>30 Minutes (Maths)</b>	RM Maths	RM Maths	RM Maths	RM Maths	RM Maths
<b>30 Minutes (Maths)</b>	TT Rockstars	TT Rockstars	TT Rockstars	TT Rockstars	TT Rockstars
<b>30 Minutes (Literacy)</b>	Spelling Practice on Hwb – Dictionary work related to your spellings	Spelling Practice on Hwb – Dictionary work related to your spellings	Spelling Practice on Hwb – Dictionary work related to your spellings	Spelling Practice on Hwb – Dictionary work related to your spellings	Spelling Practice on Hwb – Dictionary work related to your spellings
<b>30 Minutes (Literacy)</b>	Reading for pleasure – Fill in your reading Diary	Reading for pleasure – Fill in your reading Diary	Reading for pleasure – Fill in your reading Diary	Reading for pleasure – Fill in your reading Diary	Reading for pleasure – Fill in your reading Diary
<b>30 Minutes Daily (Health and Wellbeing)</b>	<b>PE</b> – Exercise and fresh air are important – daily mile around your garden is good for you. Use the Video links for ideas – create circuits in your garden.				
<b>Here are some ideas for the rest of your time:</b>	Try some baking or cooking with an adult. (DT) Learn how to sew on a button. (with help) (DT) Help with chores around the house (Health and Wellbeing) Watch a movie with your family (Health and Wellbeing) Create a play or make up a dance (Drama) Jigsaws and board games (Health and Wellbeing) Mindfulness Colouring (Art) Paint a picture (Art) Play with playdough. (Creative) Make a pizza (DT) Do a leaf Drawing (Art)		Build a den in the garden (DT) Build a fort in your bedroom (DT) Have a picnic in the garden (Health and Wellbeing) Stargaze at night (Science) Set up a bug hotel/bird feeder (Science) Watch the sunrise/sunset (Health and Wellbeing) Gardening – Plant some flowers/cut the grass (Science) Make a mud pie (Science) Make paper aeroplanes and fly them in the garden (DT) Learn to skip or hula hoop (PE) Find a penpal (Literacy)		