



KS4 Home Learning Routines and Planner

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Before Learning	<p>Ensure you keep to a routine Get up at the same time each morning Get washed and dressed Have a healthy breakfast.</p>				
9:00am – 9:30am	<p>‘The Basics’ / General Knowledge / Memory Skills. Can recite all of your times-tables? (If you know up to the ten times tables, go higher!) Can you spell all of the Dirty Thirty? Can you recite the Periodic Table? Can you recite the Kings and Queens of England? Can you name all of the world’s seas, oceans and continents?</p>				
9:30 - 10:00am	Complete a lesson from your English Google Classroom.	Complete a lesson from your Science Google Classroom.	Complete a lesson from your Maths Google Classroom.	Complete a lesson from your English Google Classroom.	Complete a lesson from your Science Google Classroom.
10:00am – 10:30am	Complete a lesson from your Maths Google Classroom.	Complete a lesson from your English Google Classroom.	Complete a lesson from your Science Google Classroom.	Complete a lesson from your Maths Google Classroom.	Complete a lesson from your English Literature Google Classroom.
10:30am – 11:00	Complete a lesson from your Option 1 Google Classroom.	Complete a lesson from your Option 3 Google Classroom.	Complete a lesson from your Option 2 Google Classroom.	Complete a lesson from your Option 1 Google Classrooms.	Complete a lesson from your Option 3 Google Classroom.
11:00am – 12:00	<p>Exercise – Do something to help you keep fit, be active for at least thirty minutes. E.G. Marching or running on the spot, skipping with ropes, jumping jacks, sit-ups, push-ups, dance etc. Remember to warm up first (like you do in your PE lessons)</p>				
12:00pm – 12:30pm	<p>Lunch – Have a light lunch e.g. a sandwich fruit, don’t forget to drink plenty of fluids with lunch and throughout the day. Prepare the lunch yourself and offer to make lunch for others at home. Make sure you wash up the dishes afterwards.</p>				
12:30pm – 1:00pm	Complete a lesson from your Option 2 Google Classroom.	Complete a lesson from your Option 1 Google Classroom.	Complete a lesson from your Option 3 Google Classroom.	Complete a lesson from your Option 2 Google Classroom.	<p>Be Creative – *Write a poem or a story *Bake or cook something *Use what you have around the house to make a model *Draw or paint a picture *Write a song *Practice an instrument (Check with adult for all of these)</p>
1:00pm – 1:30pm	<p>Random Act of Kindness Do something kind for someone else with no expectation of reward or return.</p>	<p>Play a game Scrabble Chess Monopoly A Word Search A Crossword Sudoku</p>	<p>Be informed Watch the news and find out what has been happening in the world this week. Use this link: https://www.bbc.co.uk/newsround</p>	<p>Keep a diary Each week keep a record of what you have been up to and what has been going on in the world. Record the work you have completed and the new things you have learnt.</p>	
1:30 – 2:30pm	<p>Reading – Read every day (you might prefer to read at night before you go to sleep). Read a book, a magazine, a newspaper, a blog, read to some else (let them choose) just read something every day! Accelerated Reader is available at home, log-on through the Academy website.</p>				
After Learning	<p>Help - Offer to help out around the home, do some housework or help make tea. Relax – Do something you enjoy. You may not be able to see your friends but you can, keep in contact and check in with each other.</p>				