Day	Morning Session 1	Physical Activity Session 1	Morning Session 2	Physical Activity Session 2	Lunch	Afternoon Activity 1	Afternoon Activity 2
	9:00am – 10:00am	10:00am – 10:30am	10:30am – 11:30am	11:30am – 12:30pm	12:30pm – 1:15pm	1:15pm – 2:30pm	2:30pm – 3:30pm
Monday **Tuesday** **Wednesday** **Thursday** **Friday**	**Reading and Spelling** Begin each day with a minimum of 30 minutes reading. Use Bug Club for this session. Your child has been assigned books and comprehension activities via Bug Club that match their ability. Also spend a minimum of 15 minutes each day practising spellings and handwriting. Your child will know what spelling level they are on.	Your child will need a break from work after 60 minutes and a short, sharp period of physical exercise will help them refocus for the second morning session of the day. https://www.youtube.com/watch?v=d3LPrhI0v-w&safe=true https://www.youtube.com/watch?v=dhCM0C6GnrY&safe=true https://www.youtube.com/watch?v=-TGEdzRzSbw&safe=true https://www.youtube.com/watch?v=EXt2jLRlaf8&safe=true https://www.youtube.com/watch?v=YIB2SJnBHBQ&safe=true https://www.youtube.com/watch?v=14ou-fplEi4&safe=true	**Writing** Your child has a pack titled 'Home Learning Projects' which contains suggested writing activities for each week. Use the writing books that your child has been provided with to complete these tasks.	If possible, get outside! Go for a walk around the block, play sport or go for a bike ride. It is vitally important that you get outside daily if possible. Your child's physical health is intrinsically linked to their mental health. Also, in order for your child to concentrate during the two afternoon sessions, they need to burn off some energy! The following websites contain many ideas: www.nhs.uk/activities/kids www.activeforlife.com www.thepeshed.com	Healthy Balanced Lunch https://www.bbcgoodfood.com/howto/guide/10-healthy-lunch-ideas-kids https://www.bbcgoodfood.com/howto/guide/school-packed-lunch-inspiration	**Maths** Your children has a collection of maths activities in their home learning folder. If they complete these activities, visit www.twinkl.co.uk for a wealth of ideas, PowerPoints and resources. If you require further support and guidance, please email your child's teacher.	**Project Work** The final learning session of each day should be dedicated to a subject other than reading, writing or maths. Your child has a document titled *Home Learning Projects* and this is packed full of ideas to support you.