

Year 4, 5 and 6 Suggested Home Learning Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
30 mins	English Try an English activity from the workbook or a BBC Bitesize lesson.	English Try an English activity from the workbook or a BBC Bitesize lesson.	English Try an English activity from the workbook or a BBC Bitesize lesson.	English Try an English activity from the workbook or a BBC Bitesize lesson.	English Try an English activity from the workbook or a BBC Bitesize lesson.
15 mins	Word work Practise some of the spellings, vocabulary and handwriting activities in the work book.	Word work Practise some of the spellings, vocabulary and handwriting activities in the work book.	Word work Practise some of the spellings, vocabulary and handwriting activities in the work book.	Word work Practise some of the spellings, vocabulary and handwriting activities in the work book.	Word work Practise some of the spellings, vocabulary and handwriting activities in the work book.
Break/Daily boost	Play a game outside, do a GoNoodle Video, try Cosmic Yoga or complete an online exercise video.	Play a game outside, do a GoNoodle Video, try Cosmic Yoga or complete an online exercise video.	Play a game outside, do a GoNoodle Video, try Cosmic Yoga or complete an online exercise video.	Play a game outside, do a GoNoodle Video, try Cosmic Yoga or complete an online exercise video.	Play a game outside, do a GoNoodle Video, try Cosmic Yoga or complete an online exercise video.
30 mins	Maths Try a maths activity from your workbook or a BBC Bitesize lesson	Maths Try a maths activity from your workbook or a BBC Bitesize lesson	Maths Try a maths activity from your workbook or a BBC Bitesize lesson	Maths Try a maths activity from your workbook or a BBC Bitesize lesson	Maths Try a maths activity from your workbook or a BBC Bitesize lesson
15 mins	Timetables Rock stars Complete a few rounds on TTRS or practice a difficult times table	Timetables Rock stars Complete a few rounds on TTRS or practice a difficult times table	Timetables Rock stars Complete a few rounds on TTRS or practice a difficult times table	Timetables Rock stars Complete a few rounds on TTRS or practice a difficult times table	Timetables Rock stars Complete a few rounds on TTRS or practice a difficult times table
Lunch	Take a break, refuel and get active again!	Take a break, refuel and get active again!	Take a break, refuel and get active again!	Take a break, refuel and get active again!	Take a break, refuel and get active again!
40 mins	Pick n Mix Complete a fun activity from your pick 'n' Mix sheet	Mindfulness and wellbeing Check the inclusion section of our website for ways to stay mentally healthy	Wider curriculum Try an Art, Design, Geography, History, Music, computing, Science or RE lesson on BBC Bitesize daily.	Challenge Video Complete one of the challenges set out by the teachers on twitter.	PE Check the keeping healthy section of our website for ways to stay physically healthy
30 mins	Drop Everything and Read! End the day with some reading and quiz when you complete a book	Drop Everything and Read! End the day with some reading and quiz when you complete a book	Drop Everything and Read! End the day with some reading and quiz when you complete a book	Drop Everything and Read! End the day with some reading and quiz when you complete a book	Book Review Write a book review, use the teachers book reviews on twitter for inspiration

Recommended amount of work per day:

Nursery/Reception – 30 mins to 1 hour

Year1/Year 2/Year 3 – 1-2 hours

Year4/Year5/Year6 – 2-3 hours

Refer to: <https://www.knighton-tmet.uk/h-learning/> for links to all activities.