
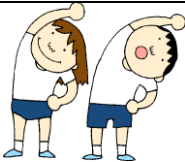




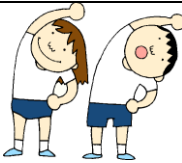








Primary 7 - Suggested Home Learning Timetable

Use the timetable either as it is or edit it to help you structure your day at home.

Before 9am	Wake Up		<i>Get Dressed, Have Breakfast, Brush Your teeth & Make Your Bed</i>
9-9:30	Exercise Time		<i>I suggest trying Joe Wicks PE lessons each morning at 9am. You can tune in on his YouTube channel.</i>
9:30-10:30	Academic Time Literacy/Numeracy Focus		<i>I suggest making this time either a literacy or numeracy hour.</i>
10:30-11:30	Academic Time Learning Across The Curriculum		<i>Select one of the more creative tasks from the Learning Across the Curriculum Grid.</i>
11:30-12:00	Spelling Time		<i>Revise your spelling words, try using one of the methods on the grid to help you.</i>
12:00-1:00	Lunch & Relax		<i>If you can, help prepare your lunch. You may use your electronics during this time to help you switch off from learning time.</i>
1:00-1:30	Exercise Time		<i>Go for a walk, Play in the garden, Try a fitness circuit or even try out some relaxation.</i>
1:30-1:45	Reading Time		<i>A bit like at school, silent reading will help you get back in the zone for learning.</i>

1:45-2:45	Academic Time Literacy/Numeracy Focus		<i>I suggest making this time either a literacy or numeracy hour.</i>
2:45-3:15	Academic Time Learning Across The Curriculum		<i>Select one of the more creative tasks from the Learning Across the Curriculum Grid.</i>
3:15-4:00	Free Time		<i>Use this time to try out the lego challenge (se school website) play a board game, watch TV, go outdoors.</i>
4:00-5:00	Help Around the House		<i>If possible help prepare dinner, do chores around the house to help.</i>
5:00-6:00	Dinner Time		<i>Have tea with your Family and relax in the evenings.</i>
<i>Remember to try to stick to a "normal bedtime" during the week. Sleep will help provide you with the energy required to sustain your daily routine</i>			