

# Facebook support group for this schedule: "Homeschooling During Coronavirus"

Parent handbook & activities are at [www.adventuretravelfamily.co.uk](http://www.adventuretravelfamily.co.uk)

In partnership with [www.curiouslittlemonkeys.com](http://www.curiouslittlemonkeys.com)



## Routine for .....

## Week of Date

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pre- 9:00	<b>Morning tasks</b> Breakfast, get dressed, clean teeth	<b>Moming tasks</b> Breakfast, get dressed, clean teeth	<b>Morning tasks</b> Breakfast, get dressed, clean teeth	<b>Morning tasks</b> Breakfast, get dressed, clean teeth	<b>Morning tasks</b> Breakfast, get dressed, clean teeth	<b>Moming tasks</b> Breakfast, get dressed, clean teeth	<b>Morning tasks</b> Breakfast, get dressed, clean teeth
9:00-10:00	<b>PE with Joe Wicks</b> Or other physical games/activities	<b>PE with Joe Wicks</b> Or other physical games/activities	<b>PE with Joe Wicks</b> Or other physical games/activities	<b>PE with Joe Wicks</b> Or other physical games/activities	<b>PE with Joe Wicks</b> Or other physical games/activities	<b>Outside time</b> Free play, gardening, exercising pets	<b>Outside time</b> Free play, gardening, exercising pets
10:00-10:15	Snack break	Snack break	Snack break	Snack break	Snack break	Snack break	Snack break
10:15-11:00	<b>Literacy</b> 20 mins quiet read of chapter book Journal	<b>Numeracy</b> 5-a-day Grid game	<b>Literacy</b> 20 mins quiet read of chapter book Journal task	<b>Numeracy</b> 5-a-day Battleship game	<b>Literacy</b> 20 mins quiet read of chapter book Journal task	<b>Screen time</b> Gaming, video calls, television, apps	<b>Screen time</b> Gaming, video calls, television, apps
11:00-11:15	Snack break	Snack break	Snack break	Snack break	Snack break	Snack break	Snack break
11:15-12:00	<b>Numeracy</b> 5-a-day Mathletics	<b>Literacy</b> 20 mins quiet read of chapter book Reading Eggs	<b>Numeracy</b> 5-a-day Battleship set up	<b>Literacy</b> 20 mins quiet read of chapter book Reading eggs	<b>Numeracy</b> 5-a-day Mathletics	<b>Creative Time</b> Art, music, craft, cooking, STEM toys, dance, sewing	<b>Creative Time</b> Art, music, craft, cooking, STEM toys, dance, sewing
12:00-1:00	Lunch break	Lunch break	Lunch break	Lunch break	Lunch break	Lunch break	Lunch break
1:00-1:45	<b>Teamwork Time</b> Daily jobs to keep everyone safe and healthy	<b>Teamwork Time</b> Daily jobs to keep everyone safe and healthy	<b>Teamwork Time</b> Daily jobs to keep everyone safe and healthy	<b>Teamwork Time</b> Daily jobs to keep everyone safe and healthy	<b>Teamwork Time</b> Daily jobs to keep everyone safe and healthy	<b>Teamwork Time</b> Daily jobs to keep everyone safe and healthy	<b>Teamwork Time</b> Daily jobs to keep everyone safe and healthy



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1:45-2:00	<b>Reflection</b> Calming background music with mindfulness colouring, handwriting sheets or pencil control patterns	<b>Reflection</b> Calming background music with mindfulness colouring, handwriting sheets or pencil control patterns	<b>Reflection</b> Calming background music with mindfulness colouring, handwriting sheets or pencil control patterns	<b>Reflection</b> Calming background music with mindfulness colouring, handwriting sheets or pencil control patterns	<b>Reflection</b> Calming background music with mindfulness colouring, handwriting sheets or pencil control patterns	<b>Reflection</b> Calming background music with mindfulness colouring, handwriting sheets or pencil control patterns	<b>Reflection</b> Calming background music with mindfulness colouring, handwriting sheets or pencil control patterns
2:00-3:00	<b>Art</b> Kandinsky painting	<b>Science</b> Colour mix potions	<b>Self-led project time</b> Coral reef research	<b>STEM Challenge</b> Junk modelling	<b>Science</b> Lava lamp	Free play	Free play
3:00-3:15	Snack time	Snack time	Snack time	Snack time	Snack time	Snack time	Snack time
3:15-4:15	<b>Self-led project time</b> Documentary	<b>Self-led project time</b> Resource box	<b>Lego Challenge</b>	<b>Self-led project time</b> Resource box	<b>Weekly wind-down</b> Time for finishing off or extending tasks from the week	<b>Screen time</b> Gaming, video calls, television, apps	<b>Screen time</b> Gaming, video calls, television, apps
4:15-dinner	Free play Preferably outside	Free play Preferably outside	Free play Preferably outside	Free play Preferably outside	Free play Preferably outside	<b>Outside time</b> Free play, gardening, exercising pets	<b>Outside time</b> Free play, gardening, exercising pets