

Year 4- **Photocopied work packs can be requested and collected from the office**

Session		
Before 9:00am	Wake up	Eat breakfast, make your bed, tidy bedroom, get dressed, put washing in laundry etc.
9-00 - 10:00	Morning Exercise	Family walk, yoga - cosmic , jogging, Go Noodle , Joe Wicks , Super Movers , Disney Workouts
10:00 – 11:00	Learning Time https://www.thenationalacademy/online-classroom/schedule https://www.bbc.co.uk/bitesize/dailylessons School Weekly Theme Project	There are 3 lessons per day. You can use Y2 or 3 if the Y4 is too difficult. You could complete tasks from the weekly project here
11:00 – 12:00	Creative Time	Lego, daily Art challenge, crafting, music, baking, reading etc.
12:00 – 12:30pm	Lunch	Help with preparation
12:30 – 1:00	Chore Time	Washing up from lunch, sanitise tables and key areas - door handles/light switches/bathrooms etc.
1:00 - 1:15	Handwriting - LetterJoin	There is a link on ClassDojo for how to access the LetterJoin website for activities to help improve handwriting
1:15 – 2:30	Quiet Time	NO ELECTRONICS - Reading, puzzles, quiet games.
2:30 – 4:00	Academic Time DoodleMaths &	Use screens where appropriate

	DoodleTables or TTRockstars MyMaths Activelearn School Weekly Theme Project	https://readon.myon.co.uk You could complete tasks from the weekly project here
4:00 - 5:00	Afternoon Exercise	Bikes, scooters, walk dogs, play in garden
5:00 – 6:00	Dinner	Help with preparation and clear up
6:00 – 7:00	Screen Time	Once showered and ready for bed

MyMaths - children can complete online lessons before completing the set tasks

<https://www.mymaths.co.uk/>

Activelearn - the children can complete English activities, focussing on spelling, grammar and punctuation games

<https://www.activelearnprimary.co.uk>

BBC Bitesize - daily lessons for all subjects

<https://www.bbc.co.uk/bitesize/levels/zbr9wmn>

Super Movers

<https://www.bbc.co.uk/teach/supermovers/ks2-collection/zr4ky9q>

White Rose maths for daily maths lessons. There is a video to introduce the lesson, with a worksheet to match.

<https://whiterosemaths.com/homelearning/year-4/>

Science experiments ideas:

<https://www.stem.org.uk/primary-science>

Disney Workouts:

<https://www.thisgirlcan.co.uk/activities/disney-workouts/>

<https://www.topmarks.co.uk/maths-games/daily10> (short mental maths games)

<http://www.keystage2literacy.co.uk/early-morning-activities.html> (English based games like Countdown)

<https://www.wizardingworld.com/collections/harry-potter-at-home> (for you Harry Potter fans - this is GOLD!)

<https://mamateaches.com/digital-escape-rooms/> (these are online escape rooms - I suggest working with an adult for at least the first one)