



Oakfield Timetable

(suggested)

ACTIVITY	Suggested length of time	Possible activities
Activities set by my teacher in the home learning activity guide	30-45 mins per task Year 5 & 6 15-30 mins per task Year 3 & 4	Every day complete online and/or paper based activities set by your teacher for each of the areas listed below -English -Maths -One other Subject (History/Geography, Science, ICT etc.)
Spellings	10 mins	Look cover write check, write in a sentence, spelling test, mnemonics, rainbow write etc. See your planner for the statutory word lists that you need to practise. You could also create your own spelling lists from resources that you have read and from your reader.
Times Tables	10 mins	Online games, paper based or quiz from parent/sibling etc. See TTRockstars for what your year group needs to practise. Set a time with your friends when you can all have a competition online. Yr 6 don't have specific tasks as they do all the tables.
Exercise	At least 10 mins	Joe Wicks https://www.youtube.com/watch?v=d3LPrhI0v-w Go Noodle https://www.youtube.com/channel/UC2YBT7HYqCbbvzu3kKZ3wnw Just Dance – youtube just dance, or play Wii fit if you have one Practice mindfulness or complete the ELSA (Emotional Literacy Support Assistant) home challenge https://www.elsa-support.co.uk/coronavirus-14-day-self-isolation-activities/
French	5 mins	https://www.duolingo.com/ Get an adult to create a free account and practise 5 mins a day

Life skills	20 mins	Learn a new skill e.g. knitting, sewing, whittling, cooking, sewing, calligraphy, telling the time etc. Some further optional/suggested activities will be shared on the Easter Holiday activities page which will be sent out to all parents towards the end of next week.
Read for pleasure	30 mins	Read a book, comic or magazine
Create	At least 30 mins	Do something creative – draw, dance, sing, paint, write a poem make something, make up a story that you tell to someone, write a song or rap and perform it for your siblings / parents etc. Choose an activity from the home learning activities page and share it with your teacher who with your parent’s permission will upload this to the school website so it can be shared with the rest of the school.
Fresh air	At least 30 mins	Go outside into the garden, park or street and get some fresh air if possible. Play football, go for a run, walk a dog, ride your bike, go for a walk etc. But remember the 2 metre rule.
Daily write	10 mins	Write a diary entry or complete another set written task
Do something for someone else!	20 mins	Help your family e.g. lay the table, tidy your bedroom, help a sibling, read a story to a member of your family, make dinner, wash up etc.
Do something fun	At least an hour	Do something you enjoy and makes you happy each day – play, watch TV, read etc.
Connect with others	20 mins	Skype, phone, text, email, write a letter to connect with family and friends, especially elderly relatives.