



HOME LEARNING SUPPORT

For Parents

CREATE A TIMETABLE

- Creating a timetable with a predictable routine will help provide your child with a degree of normality and make them more comfortable. Do not worry about trying to maintain a full routine like they had at school
- Focus on ensuring a regular sleep schedule, meal times and breaks
- Designate time for physical activity - children are used to regular play at break times

LIMIT SCREEN TIME

- Digital devices are not the only way to learn. Manage your child's screen time with a timer and break it up by getting your child to:
- Use books and other printed materials
 - Ask your child to complete work by hand, write a diary and/or a summary of things they learn each day to get away from the screen regularly
 - Stop use of digital devices at least an hour before bed

KEEP YOUR CHILD ACTIVE

- Encourage 60 min activity daily. To help you with this, CHANGE4LIFE have created '10 minute shake up games' which can be completed from home
- Boogie Beebies also have videos to keep your younger children dancing
- Joe Wicks is giving daily live 30 minute PE lessons every 9am on YouTube

change 4 life

GET CREATIVE

- There are many activities for your kids to be getting involved with whilst in lockdown including arts & crafts, music & dance, baking & cooking just to name a few. This will help to keep your child occupied and will also limit their screen time
- Scouts have a website, 'The Great Indoors', providing >200 ideas for indoor activities.

KEEP CALM AND CARRY ON

- Try not to worry if your child is finding some of the work difficult and you find yourself unable to help. It is completely normal for children to find certain topics more challenging. If this happens, make a note of the topics and move on to another learning activity - once schools reopen, any challenging topics can then be addressed.

UTILISE FREE ONLINE RESOURCES



Make use of the many online resources available, including:

- Worksheets and Activities
- Videos & Presentations



THE DAY HOME is a free, daily newsletter, with top tips on how to enrich your child's learning with real-life knowledge and skills. **Turn the page for more resources!**



If at any point you feel overwhelmed, reach out for support! The NSPCC have compiled a series of articles containing advice on how to work from home, take care of your mental health, deal with family tensions, and manage temper tantrums and challenging behaviours.



PRIMARY HOMESCHOOL SUPPORT

For Parents

GENERAL RESOURCES



MATH SPECIFIC



ENGLISH SPECIFIC



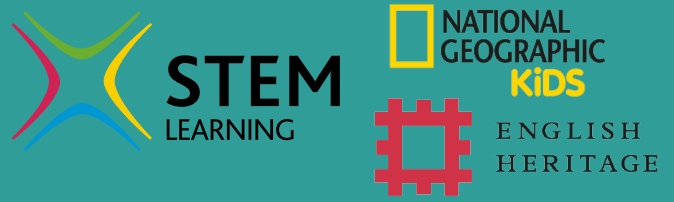
READING RESOURCES



LANGUAGES



SCIENCE & HUMANITIES



EXTRA CURRICULAR

Dance Class - Strictly's Oti Mabuse Official YouTube Channel, live streamed daily at 11:30am



Cooking Class - Theo Cooks is hosting a live kids cook-along every Monday, Wednesday & Friday at 4pm



Music Class - Myleene Klass is hosting interactive music classes on YouTube every Monday at 10am



HOW TO MANAGE WITHOUT INTERNET?

If you are unable to access the internet at home, contact your child's school as they may be able to provide paper-based activities. There are also many activities which don't involve going online which can be found on the previous page.

WORRIED ABOUT YOUR CHILD'S ONLINE ACTIVITY?

Seek advice on keeping them safe online via thinkyouknow.co.uk and talk to your child about online safety.



thinkuknow.co.uk
Online Safety Guidance



NSPCC Guidance



More Online
Learning Resources



KS1 & 2 National
Curriculum



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