

Years 7 and 8 – Home Learning Routine



(this is a suggested routine which students may wish to follow, it may be less or more on any given day depending on circumstance)

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| Before Learning | Ensure you keep to a routine Get up at the same time each day - Pretend you are going to school (try not to stay in your pj's!) Have a healthy breakfast Choose a workspace that is comfortable and has minimum distractions | | | | |
| 9:00 – 9:30am | Stay active – Do something to help keep your mind and body well. Be active for at least 30 minutes, e.g. Take part in a Joe wicks PE lesson. Get some fresh air if you can (though always follow social distancing advice). | | | | |
| 9:45 – 10:30 | Maths Online Learning (1) | Art Online Learning Computing Online Learning | Maths Online Learning (2) | Music Online Learning Food Online Learning | English Online Learning (2) |
| 10:30 – 11:15 | English Online Learning (1) | Textiles Online Learning Graphics (yr 8) Online Learning | Geography Online Learning (2) | Drama Online Learning | Science Online Learning (2) |
| 11:15 – 11:45 | Rest break Check your phone (if you have to!) Walk around – grab a drink or a healthy snack Get fresh air if you can (though always follow social distancing) | | | | |
| 11:45 – 12:30 | Geography Online Learning (1) | Science Online Learning (1) | History Online Learning (1) | English Reading (1) | History Online Learning (2) |
| 12:30 – 1:00 | RE / PSHE / Wellbeing Online Learning (1) | MFL Online Learning (1) | RE / PSHE / Wellbeing Online Learning (2) | MFL Online Learning (2) | Call/Video - Stay in contact with family or a friend. |
| 1:00 – 1:30pm | Lunch – Have a light lunch e.g. a sandwich and some fruit; don't forget to drink plenty of fluids with lunch and throughout the day. If you can prepare the lunch yourself and offer to make lunch for others at home. | | | | |
| 1:30 – 1:45pm | Recall! Attempt to recall all you have learned today on one sheet of A4. Try different ways of displaying this: 10 Facts - 6 diagrams - A story with all the facts included - 10 questions (and answers) - a Mind Map.... Alternatively – login to the PiXL Times Table app... | | | | |
| 1:45 – 2:15 | Read - Reading a book Listen/Watch - Listen to an educational podcast or watch an educational documentary | Read – Reading a book Listen/Watch - Watch the news and find out what has been happening in the world this week. Use this link: BBC Newsround | Read – Read a book, newspaper, magazine, blog, or read to someone else | Read - Reading a book Listen/Watch - Listen to an educational podcast or watch an educational documentary | Write or record - A journal entry of time at home and work you have completed. |
| After | Ensure you keep to a routine Help – Offer to help around the home. Read – Read every day. Read a book from home, a book from school. Read a newspaper, magazine, blog, or read to someone else. Relax – Do something you enjoy. Read a book, watch TV, play a computer game, FaceTime friends, complete some exercises or go for a walk (if not unwell) (though always follow social distancing advice and government guidelines). Sleep – Go to bed at the same time each evening. Make sure you get enough sleep. | | | | |