

Year 3/4 timetable and extra ideas

It's really helpful to be in a routine. Here are some suggested timings for your learning while at home. You can do more but make sure you have regular breaks and keep active, even if you are at home.

Suggested timings	Activity	
15 minutes	Spelling and handwriting	
1 hour	Learning time	Literacy/Maths
At least 15 minutes	Reading	
1 hour	Creative time	Science/Topic/Music/Art or other fun activities
Before bed	Story time	

Other suggested activities - think about your well-being:

- Become a little chef and help out in the kitchen! Here is a selection of Kids' cooking recipes: <https://www.bbcgoodfood.com/recipes/collection/kids-cooking>
- Why not make something nice for a family member or friend. This will brighten their day!
- Film your own news or weather report. Can you include something that has made you happy today?
- Set yourself a PE challenge. How many times can you bounce a ball? How many jumping jacks can you do in a minute? Can you improve on this each day? Why not set up a circuit of activities in your bedroom and challenge your siblings or parents to try it.
- Sketch something that you can see from outside your window. Think about the skills you use in Art.
- Try to do some Mindfulness. You could use GoNoodle or Kids Zen Den. Why not do some mindful colouring or pattern drawing to chill out? Could you think of your own mindful activity ready to share when we come back to school?
- Play board games or charades with your family. You could even make up your own game. Extra challenge, spend a day having fun without electronics!

Keep safe, have fun, spend time with family and stay positive 😊