



Student working from home guidance

<u>Time</u>	<u>Name of Session</u>	<u>Suggested activity</u>
8.30—9.00	Breakfast	Make yourself a healthy breakfast Check BBC News Read a news article that interests you Check www.kha-tkat.org for latest school updates under the Coronavirus tab. Check Show My Homework for any new tasks set & to organise your day.
9.00-9.30	Physical Activity	Joe Wickes—The Body Coach YouTube daily PE lesson at 9am. Thebodycoachtv
9.30-11.00	Academic Time	Log-into Show My Homework & begin to complete the largest tasks for the day. Work to be completed in exercise books whilst sat at a table or desk.
11.00-11.30	Break	Make yourself a cup of tea Take time to get some fresh air in the garden.
11.30-12.30	Creative Time	Students do something creative e.g. mindful colouring/crafts/board games/puzzles/practice musical instrument/gardening etc. This is a great opportunity to learn a new skill . Complete Art/Music/Drama/Dance work set on SMHW.
12.30-13.30	Lunch time	Take a break & enjoy a healthy lunch.
13.30-14.00	Reading time	Take time to read a book , read this with a family member or on your own. Choose something which interests you & includes some challenging vocabulary to enhance your reading age.
14.00-15.00	Academic Time	Log onto SMHW to complete tasks for the day in exercise books.