

**Daily suggested isolation timetable:**

Day	9-9.30	9.30-9.45	9.45-10.30	10.30	11.00-11.25	11.15-11.30	11.30-12.15	pm
Daily routine	Active session	Maths warm up	Maths session	Break	Reading	Spelling	English session	Creative topic /own time

<u>Active session</u>	10 minute shake ups: <a href="https://www.nhs.uk/10-minute-shake-up/shake-ups">https://www.nhs.uk/10-minute-shake-up/shake-ups</a> <a href="http://www.gonoodle.com">www.gonoodle.com</a> <a href="https://www.youtube.com/user/CosmicKidsYoga">https://www.youtube.com/user/CosmicKidsYoga</a>
<u>Maths warm ups 10/15 mins:</u>	Spend 10-15 minutes on TT rockstars every day: <a href="https://trockstars.com/">https://trockstars.com/</a> <b>Extras- should you want more:</b> <a href="https://www.topmarks.co.uk/maths-games/daily10">https://www.topmarks.co.uk/maths-games/daily10</a> (select the right level for your child from age 5-11) For Year 5 the children need to use level 5. They could use this website to practice ordering, partitioning, digit values, multiplication, division, addition, subtraction and rounding.
<u>Maths session 30-45 mins approx.</u>	White Rose Hub Home Learning daily lesson- click on Year 5 - has great video tutorials and covers our Maths school curriculum approx. 30-45 mins. <a href="https://whiterosemaths.com/homelearning/">https://whiterosemaths.com/homelearning/</a> <b>Extras- should you want more:</b> <ul style="list-style-type: none"> <li>▪ Maths 3* Challenge tasks: <a href="https://docs.google.com/spreadsheets/d/13kuOqd3bUNWZgc5ML9hHXv1wq8TzvzKl3ig0E-8QBis/edit#gid=471038650">https://docs.google.com/spreadsheets/d/13kuOqd3bUNWZgc5ML9hHXv1wq8TzvzKl3ig0E-8QBis/edit#gid=471038650</a></li> <li>▪ <a href="https://classroom.thenational.academy/subjects-by-year/year-5">https://classroom.thenational.academy/subjects-by-year/year-5</a></li> <li>▪ <a href="https://www.themathsfactor.com/">https://www.themathsfactor.com/</a></li> <li>▪ <a href="https://nrich.maths.org/">https://nrich.maths.org/</a></li> <li>▪ Here is a link to an online maths dictionary which may help to explain unfamiliar mathematical vocabulary: <a href="http://www.amathsdictionaryforkids.com/">http://www.amathsdictionaryforkids.com/</a></li> </ul>
<u>Reading</u>	Read every day for at least 30 minutes. Complete 1 reading comprehension task on Showbie daily <b>Extras- should you want more:</b> <ul style="list-style-type: none"> <li>▪ <a href="https://www.bbc.co.uk/bitesize/subjects/zgkw2hv">https://www.bbc.co.uk/bitesize/subjects/zgkw2hv</a></li> <li>▪ <a href="http://www.lovereadings4kids.co.uk">www.lovereadings4kids.co.uk</a></li> </ul>
<u>Spelling 10 mins</u>	Spelling Frame 10/15 mins daily (go to Year 5 and find the rule we are on) <a href="https://spellingframe.co.uk/">https://spellingframe.co.uk/</a> Please also practice the weekly spellings uploaded to Showbie
<u>English session</u>	<b>48-hour isolation:</b> follow <a href="https://classroom.thenational.academy/subjects-by-year/year-5/subjects/english">https://classroom.thenational.academy/subjects-by-year/year-5/subjects/english</a> and select a lesson to complete. <b>10-14 day isolation:</b> Daily work sent via email/Showbie: I will state the writing outcomes and provide a star challenge for you to complete. Upload all finished work to Showbie for me to mark. <b>Extras- should you want more:</b> <ul style="list-style-type: none"> <li>▪ <a href="https://classroom.thenational.academy/subjects-by-year/year-5">https://classroom.thenational.academy/subjects-by-year/year-5</a></li> <li>▪ For children who wish to continue with their own writing the <b>Literacy Shed</b> offers excellent animations and suggestions for writing linked to the short film <a href="https://www.literacyshed.com/home.html">https://www.literacyshed.com/home.html</a></li> <li>▪ <b>Authorfy</b> is offering writing masterclasses where well known authors talk about inspiration for their writing and set children a writing challenge <a href="https://authorfy.com/masterclasses/">https://authorfy.com/masterclasses/</a></li> </ul>
<u>Afternoon Session</u>	Please work on your own creative project in the afternoon. This could be an NCR on a chosen History/Geography topic, a short story, an art project, writing a poem, Forest School, researching a religion, Science experiments etc. <ul style="list-style-type: none"> <li>▪ History <a href="https://www.bbc.co.uk/bitesize/subjects/zcw76sg">https://www.bbc.co.uk/bitesize/subjects/zcw76sg</a></li> <li>▪ Geography <a href="http://www.natgeokids.com/uk/category/discover/">www.natgeokids.com/uk/category/discover/</a></li> <li>▪ Science <a href="http://www.whizzpopbang.com/free-resources">www.whizzpopbang.com/free-resources</a> and <a href="http://www.sciencefun.org/kidszone/experiments/">http://www.sciencefun.org/kidszone/experiments/</a></li> </ul>

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