Sacred Heart R.C. Primary School
Optional Daily Timetable

Dear Parents and Carers,

If you feel you would like to structure your child/children's home learning around a daily timetable, we have provided an example with this letter and a blank template in case you would prefer to make your own. As we begin to navigate through this unprecedented experience, don't be afraid to stop, have a rethink and make changes if something that you thought would be a great idea starts to cause stress and anxiety to you and/or your child/children.

It can be difficult for young children to sit still and concentrate for long periods of time, therefore we advise that learning sessions last no longer than the following durations:
Early Years – 30 minutes
KS1 – 45 minutes
KS2 – 60 minutes

Children should be encouraged to get up, move around, stretch, wash their hands and have a drink after each learning session (or more frequently if necessary). Learning does not have to take place sitting at a desk or table; the best learning often takes place when children are on their feet and active. Little songs and chants really help children to remember things well and the very best learning takes place when children are happy and relaxed.

Teachers and Senior Leaders will be available to advise and support you via email. We are all in this together and we will be praying for you, your children and your families. Please remember us, our children and our families in your prayers too.

May God bless you all,

Mrs Botham
(Acting Assistant Head Teacher)

	Monday	Tuesday	Wednesday	Thursday	Friday
9am	Reading/phonics	Reading/phonics	Reading/phonics	Reading/phonics	Reading/phonics
9:30am	Literacy (Starting with 15 minutes spelling practice)	Literacy (Starting with 15 minutes spelling practice)	Literacy (Starting with 15 minutes spelling practice)	Literacy (Starting with 15 minutes spelling practice)	Literacy (Starting with 15 minutes spelling practice)
Snack Break (30 mins)	Snack Break (30 mins)	Snack Break (30 mins)	Snack Break (30 mins)	Snack Break (30 mins)	Snack Break (30 mins)
11am	Maths (Starting with 15 minutes times tables practice)	Maths (Starting with 15 minutes times tables practice)	Maths (Starting with 15 minutes times tables practice)	Maths (Starting with 15 minutes times tables practice)	Maths (Starting with 15 minutes times tables practice)
Lunch (60 mins)	Lunch (60 mins)	Lunch (60 mins)	Lunch (60 mins)	Lunch (60 mins)	Lunch (60 mins)
1pm	R.E.	Humanities	Art/DT	Science	P.E.
2pm	PE.	Computing	Activity Passport	Spanish	Prayer time (Our Praise and Worship songs are easy to find on Youtube, e.g. Lord, I Need You, Oceans (Where feet may fail), My Jesus, My Saviour.

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