



Alt Bridge Home Learning Timetable



Suggested Activities for Students Working At Home

Dear Parents

I hope that you and your families are all keeping well.

At school we have been working really hard to try to plan activities/home learning for the children to work through. I think we all agree that we have the children's best interests at heart and will have to find a way that is manageable for everyone involved. Please bear with us as we try to do this. Do take advantage of the range of activities posted on-line for the children to do – make it work for you and your family.

The key things we need to remember are: children need routine and structure. They need a balance between free-time, physical and 'educational' activity. Things that will really help children are teaching them to tell the time with an analogue wrist watch, teaching them how to use money, using measurement (weight and distances) practical applications of every day skills. For example, playing scrabble will help develop spelling far better than sitting learning word lists in isolation.

Below I have included a suggested timetable that may help in the coming weeks.

Useful Links:

- Century Learning: app.century.tech
- Seesaw: app.seesaw.me
- MyOn: www.myon.co.uk
- Lexia: www.lexiapowerup.com

Passwords:

Login information for all accounts is available from your child's form tutor or will be sent home via email. If you have any questions or issues please contact the school via the help desk on our website www.altbridgeschool.com or email our remote learning co-ordinator at gary.reddin@altbridgeschool.com.



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Time of Day		Activity
By 9:00 am		Breakfast <ul style="list-style-type: none"> ✓ Dressed ✓ Brushed teeth ✓ Brushed hair
9:00 – 10:00 am		Physical Activity <ul style="list-style-type: none"> • Tidying • Yoga • Walking • Outside time (running, skipping, jumping, climbing)
10:00 – 10:30 am		Free time/snack <ul style="list-style-type: none"> • No games/tablets/phones • Mindfulness • Breathing exercises • Daily Read
10:30 – 12:00 pm		Learning Time <ul style="list-style-type: none"> • Core Subjects (Eng, Maths, Science & ICT) • Century Learning • Key Skills (writing, reading, spelling & numeracy)
12:00 – 1:00 pm		Lunch <ul style="list-style-type: none"> • No games/tablets/phones • Mindfulness • Breathing exercises • Clear up and wash dishes
1:00 – 2:00 pm		Learning time <ul style="list-style-type: none"> • Seesaw - Online learning • Educational Games • PSHE/History/Geography/Art & Design
2:00 – 2:30 pm		Free time/snack <ul style="list-style-type: none"> • No games/tablets/phones • Mindfulness • Breathing exercises • Daily Read
2:30 – 3:30 pm		Family time/Creative work <ul style="list-style-type: none"> • Baking/cookery • Social stories • News of the day • Jigsaws Games/puzzles • Drawing Colouring • Playing a musical instrument • Lego • Crafts