

Alternative Learning Timetable

Below is a possible schedule you may wish to follow to ensure there is a daily routine and that everyone in the house knows what they are doing, and how it is all going to run. The mandatory activities for each day/week are in red. The activities in black are optional. 'Other subject areas' include Religion, Visual Arts, PE and Japanese - activities set for these subjects are also mandatory but can be completed at your own pace throughout the week.

Use the provided exercise book for writing activities and use your homework book for other activities. If you don't have these, another book is fine.

Please take photos of the completed work, this is extremely important. The photos will need to be uploaded to Seesaw once you are comfortable to do so. In the first week it is fine to keep the photos until you understand how to use Seesaw.

Time	Activity	What does this look like?
Before 8:30am	Morning Routine	Make bed, have breakfast, get dressed, feed pets, morning prayer
8:30 – 9:00am	Outside Activity	Go for a walk, kick a ball, ride bike/scooter. <i>Suggestions:</i> <i>YouTube – PE with teacher Joe?</i> <i>Yoga for children</i>
9.00am	Family Meeting	Family meeting or chat time. This is a suggested time for you as a family to plan the how, the who with and the when you child's learning will occur. This is only a suggestion and it is up to each family to find what works best for them. The aim is to help students take responsibility for their learning as much as possible. This can be asking your child to gather the materials and books needed for the day, packing a container of fruit snacks or choosing a book to read.
9.20am	Check in with Ms Miles & Mrs Fuery – watch the morning video	Brief Video outlining the day's lessons.
9:20– 10:30am (40mins)	Learning Time	Literacy
10:30 – 11:00am (30mins)	Morning Tea	Healthy snack and listen to story / Brain break. <i>Suggestions:</i> <i>Storybox, Vooks</i> <i>Go Noodle</i> <i>Just Dance</i>
11:00 – 11:30pm (30mins)	Learning Timer	Creative time
11:30 – 12:15pm (45mins)	Eating & Choice Play	Lunch and play choice
12:15-12:30 (15mins)	Meditation	Cosmic Kids <i>Suggestions:</i> <i>Cosmic Kids yoga</i>

		<i>Relaxed breathing training</i> <i>Moovlee</i>
12:30 – 1:30pm (30mins)	Learning Time	Maths
1:30-2:00 (30mins)	Learning Time	Technology Time Seesaw Suggestions: Utilise online resources (StudyLadder/Reading Eggs/ Spelling City)
2:00 – 2:20pm	Afternoon Tea & Fresh Air	Afternoon tea. Go for a walk, visit a park, kick a ball, ride bike/scooter
2:20-3:00	Learning Time	HASS/Science