

Suggested timetable for home learning Year 4

Here is some advice to make your everyday learning at home a success:

- Start the day in a focused way: Wake up before 9am, have breakfast - get dressed - brush your teeth - make your bed - tidy your room.
 - Have a look at what you're expected to do and get on with it right away, but also...
 - Break learning time up with exercise time: go for a morning walk or exercise indoors.
 - Make time for reading - and here I mean read interesting books or magazines, no electronics.
 - Make time for creative activities: Lego, drawing, colouring, craft, singing, music, cooking/baking together.
 - Make time to relax: have lunch together, have some controlled time on electronic devices.
 - Make time for quiet activities: relax with a book, watch a tv program, play a board game.
 - Get fresh air: play outdoors, go to the lake or woods or further afield.
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- Have your parents read to you before bed!

	Monday	Tuesday	Wednesday	Thursday	Friday
Maths	30 minutes	30 minutes	30 minutes	30 minutes	30 minutes
English	30 minutes	30 minutes	30 minutes	30 minutes	30 minutes
Topic/art/Science	30 minutes	30 minutes	30 minutes	30 minutes	30 minutes
Reading	30 minutes	30 minutes	30 minutes	30 minutes	30 minutes