



Daily diet for Home Learning

If you're wondering how to incorporate the Lockdown Learning Log and how it could fit into your child's daily routine; here's an example of how it could be used. Most importantly, try a range of things, don't put too much pressure on it and remember we're always here to help.

Before 9:00am	Wake up	Make your bed, get washed and dressed, eat breakfast and brush your teeth. Try the Joe Wicks 5 minute work out to wake up your body and mind. You could even Go Noodle				
9:00am	Reading and Phonics	Complete activities from page 1 of the Walkley Lockdown Learning Log: EYFS Lockdown Learning Log Lockdown Learning Log				
9:45am	Maths	Log on to Times Tables Rock Stars to warm up your brain		Or try Top Marks Maths activities		Complete your daily maths activity set by your teacher on your class blog. 
10:45am	Take a break	Try one of the activities from page 2 of the Lockdown Learning Log				
11:00am	English	Complete your daily writing activity on page 2 of the Walkley Lockdown Learning Log . Don't forget to follow the 10 step approach!				
12:00pm	Lunch	Enjoy a healthy lunch – try one of these no cooking required recipes :				
12:30pm	Quiet time	Enjoy some yoga at Cosmic Kids 	Listen to a free audio book 	Visit a museum 	Do some colouring 	Build with Lego 
1:00pm	Indoor PE Exercise	Watch and join in with a Joe Wicks Body Coach Live PE Session				
2:00pm	Creative Curriculum	Complete an activity from the mind map on your class blog or page 2 of the Walkley Lockdown Learning Log or complete a science activity at Science Sparks				
3:00pm	Afternoon Fresh Air	Get outside in the garden or go for a daily walk with your family. Remember to stay 2 metres apart from other people.				