

Dear Parent/ Carer,

**Year 3 Self Isolation
Recommended Timetable**

This timetable has been created to support you with Home Learning tasks during a period of self isolation. The tasks have been selected and set by teaching staff across the GLA Trust who have experience in the particular year group. For most suggested activities, links to high quality online learning platforms, such as the Oak National Academy, BBC Bitesize or White Rose Maths, have been provided. Simply hover over the blue writing and click to access the correct webpage, where video guidance is provided for the pupil, before activities are set. Most activities require nothing more than pencil and paper, which makes accessing and completing work at home very straightforward, as your family is self isolating and will not be able to pick up further resources from outside of the home.



The timetable covers the first five days of self isolation. Should a pupil be required to self isolate for longer than this period, their class teacher will make contact to arrange further provision of remote education.

Hints and tips

- **Balance your family schedule** – the timetable is simply a suggestion to help you structure the day. It may be that your home situation will not allow you to stick closely to these timings; please use it as a guide.
- **Share the timetable for the day with your child** – this will allow them to know how the day is structured, how long to dedicate to each session and when to take breaks. This will help you all get along and be successful – being together all day every day can be stressful. Structures and routines help everyone feel confident, safe and secure (including the adults!).
- **Make sure your child takes breaks** - It is important to have some downtime, switch off from schoolwork and spend time away from a screen.
- **If it's not working, try again tomorrow** - although continuing your child's learning is important, we don't expect every child to do every learning activity every day. At this time, we know it's equally important to enjoy time with our children - playing, baking, painting, reading, chatting and sometimes just enjoying doing nothing!

Good luck and stay safe!

<u>Year 3</u>	Monday	Tuesday	Wednesday	Thursday	Friday
08:45 – 09:00	Independent reading using Oxford Owl (free registration needed)	Independent reading using Oxford Owl (free registration needed)	Independent reading using Oxford Owl (free registration needed)	Independent reading using Oxford Owl (free registration needed)	Independent reading using Oxford Owl (free registration needed)
9-9:30am	Complete a daily Joe Wicks workout	Complete a Cosmic Yoga workout	Complete a daily Joe Wicks workout	Complete a Cosmic Yoga workout	Complete a daily Joe Wicks workout
9:30-10:15	Adding and subtracting 1 digit numbers to/from 3 digit numbers Link to Oak Academy	Adding multiples of 10 to 3 digit numbers Link to Oak Academy	Subtracting multiples of 10 to 3 digit numbers Link to Oak Academy	Adding and subtracting multiples of 100 to/from 3 digit numbers Link to Oak Academy	Adding two 3 digit numbers (no regrouping) Link to Oak Academy
10:15 – 10:45	Snack time and break				
10:45 – 11:15	Spelling session 1 – investigate homonyms Link to Oak Academy	Spelling session 2 - Practice and apply knowledge of homonyms Link to Oak Academy	Spelling session 3 – investigate homophones Link to Oak Academy	Spelling session 4 – practice and apply knowledge of homophones Link to Oak Academy	Make a list of all the homophones/homonyms you have learnt and set a test for your parent/carer to have a go at!
11:30 – 12:15	English: The Suitcase Kid by Jacqueline Wilson Lesson 1	English: The Suitcase Kid by Jacqueline Wilson Lesson 2	English: The Suitcase Kid by Jacqueline Wilson Lesson 3	English: The Suitcase Kid by Jacqueline Wilson Lesson 4	English: The Suitcase Kid by Jacqueline Wilson Lesson 5
12:15 – 1:15	  Lunchtime  				
1:15 – 1:45	Reading for pleasure – choose a book from home to share with a parent/ carer OR Times Tables Rockstars				
1:45 – 2:30	PSHE: Keeping Safe: Beautiful Explosions	PSHE: Keeping Safe: Hazards in the Home	PSHE: Keeping Safe: King of the Road	PSHE: Keeping Safe: Fireproof	PSHE: Keeping Safe: Rules Rules
2:30-3:15	Geography Scotland	Geography Wales	Geography Northern Ireland	Geography England	Friday Art Draw with Rob