

Dear Parent/ Carer,

**Year 5 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!

	Monday	Tuesday	Wednesday	Thursday	Friday
9-9:30am	Exercise with PE with Joe Wicks (click link)	Exercise with PE with Joe Wicks (click link)	Exercise with PE with Joe Wicks (click link)	Exercise with PE with Joe Wicks (click link)	Exercise with PE with Joe Wicks (click link)
9:30-10:00	Maths: Multiplication and Division - Factor Pairs	Maths: Multiplication and Division – Prime Numbers	Maths: Multiplication and Division - Factor and Multiple Chains	Maths: Multiplication and Division – Multiplying and dividing by 10, 100 and 1000	Maths: Multiplication and Division – Multiples and Factors
10:00 – 10:45	Snack time and break				
10:45 – 11:15	Spelling Investigate homophones Homophones	Spelling Practise using –ous Suffix -ous suffix	Spelling – practise using –ial suffix -ial suffix	Spelling – Able/ible practise able and ible	Spelling -fer practise -fer spelling
11:15 – 11:30	Free choice	Free choice	Free choice	Free choice	Free choice
11:30 – 12:15	English – The Demon Dentist by David Walliams Lesson 1	English – The Demon Dentist by David Walliams Lesson 2	English – The Demon Dentist by David Walliams Lesson 3	English – The Demon Dentist by David Walliams Lesson 4	English – The Demon Dentist by David Walliams Lesson 5
12:15 – 1:15	  <p style="font-size: 2em; font-weight: bold; margin: 0;">Lunchtime</p>  				
1:15 – 1:45	Reading for pleasure – choose a book from home/accelerated reader book to share with a parent/ carer				
1:45 – 2:45	Science – Earth and Space Lesson 1	History – Roman Britain Session 2	Science – Earth and Space Lesson 2	PSHE Black History Month Black History Month	Science – Earth and Space Lesson 3