

Dear Parent/ Carer,

**Year 4 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 4</u>	Monday	Tuesday	Wednesday	Thursday	Friday
08:45 – 09:00	Independent reading using <a href="#">Oxford Owl</a> (free registration needed)	Independent reading using <a href="#">Oxford Owl</a> (free registration needed)	Independent reading using <a href="#">Oxford Owl</a> (free registration needed)	Independent reading using <a href="#">Oxford Owl</a> (free registration needed)	Independent reading using <a href="#">Oxford Owl</a> (free registration needed)
9-9:30am	Complete a daily <a href="#">Joe Wicks</a> workout	Complete a <a href="#">Cosmic Yoga</a> workout	Complete a daily <a href="#">Joe Wicks</a> workout	Complete a <a href="#">Cosmic Yoga</a> workout	Complete a daily <a href="#">Joe Wicks</a> workout
9:30-10:15	Place Value in 4 digit numbers <a href="#">Link to Oak Academy</a>	Ordering and comparing numbers beyond 1000 <a href="#">Link to Oak Academy</a>	Ordering and comparing a set of numbers beyond 1000 <a href="#">Link to Oak Academy</a>	Finding 10, 100 and 1000 more than a given number <a href="#">Link to Oak Academy</a>	Finding 10, 100 and 1000 less than a given number <a href="#">Link to Oak Academy</a>
10:15 – 10:45	Snack time and break				
10:45 – 11:15	Spelling session 1 – investigate homophones <a href="#">Link to Oak Academy</a>	Spelling session 2 - Practice and apply knowledge of homophones <a href="#">Link to Oak Academy</a>	Spelling session 3 – investigate homophones <a href="#">Link to Oak Academy</a>	Spelling session 4 – practice and apply knowledge of homophones <a href="#">Link to Oak Academy</a>	Spelling session 5 – homophones <a href="#">Online game</a>
11:30 – 12:15	English: Hidden Depths: Exploring the Deep by Chloe Rodes <a href="#">Lesson 1</a>	English: Hidden Depths: Exploring the Deep by Chloe Rodes <a href="#">Lesson 2</a>	English: Hidden Depths: Exploring the Deep by Chloe Rodes <a href="#">Lesson 3</a>	English: Hidden Depths: Exploring the Deep by Chloe Rodes <a href="#">Lesson 4</a>	English: Hidden Depths: Exploring the Deep by Chloe Rodes <a href="#">Lesson 5</a>
12:15 – 1:15	  <p><b>Lunchtime</b></p>  				
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: <a href="#">Our Wonderful World</a>	PSHE: <a href="#">Our Wonderful World</a>	PSHE: <a href="#">Our Wonderful World</a>	PSHE: <a href="#">Our Wonderful World</a>	PSHE: <a href="#">Our Wonderful World</a>
2:30-3:15	Geography <a href="#">South America</a>	Geography <a href="#">South America</a>	Geography <a href="#">South America</a>	Geography <a href="#">South America</a>	Friday Art <a href="#">Draw with Rob</a>