



Daily Plan for Loanhead Learners

Before 9.00 am	Wake Up	Wash, eat breakfast, make your bed, put bed clothes to be washed, put away dishes.
9.00- 9.15 am	Starter activity	Choose a starter task- Write journal, write how you feel today, go over Massage Hand moves, or Finger Fitness, choose & go over spelling pattern.
9.15-10.15 am	Academic Time	Check into teams, School set task, Number, or Literacy work or challenges set.
Brain Break		
10.25 – 11.15am	Creative Time	Lego, drawing, music, cooking/ baking, crafting, researching,
Snack Time: Take a break 15 minutes: Movement, yoga, games, read, colour.		
11.30-12.15pm	Academic Time	School set tasks – non digital , go over number bonds, times tables, reading, personal research
Wash hands		Lunch
12.45- 1.15	Helper Time	-Wipe all kitchen table and chairs, -Wipe down door handles, light switches, desktops. -Wipe both bathrooms- sinks and toilets
1.15- 1.45pm	Quiet Time	Reading, mindful colouring, puzzles, mindfulness activities,
1.45-2.45 pm	Academic Time	School set tasks, go over number bonds, times tables, reading, personal research
2.45-3.00 pm	Brain Break	
3.00pm- 4.00pm	Afternoon Fresh Air	Play outside/ Walk dog/Bike/ OR Yoga if inside/ exercise – remember to stay 2m away from anyone you may see outside who does not live in your house.
4.00pm- 5.00pm: Helper Time / Wash hands/ set places for dinner/Dinner		
Free Time – get to stay up half an hour later if you have not moaned about chores or being bored!		