







Robert Mellors Primary Academy

Suggested Routine for Year 3

<p>By 8:00 am</p>	<p>Wake up Reading Time</p>	 	<p>Have breakfast Get dressed Brush your teeth (for 2 minutes) Make your bed Tidy your room</p>	<p>Read to yourself, a pet or a soft toy or to someone else in your house.</p>
<p>9:00 – 9:30 am</p>	<p>PE</p>		<p>Log onto You Tube for a Joe Wicks workout <a href="https://www.youtube.com/playlist?list=PLyCLOpd4VxBvQafyve889qVcPxYEjdSTI">https://www.youtube.com/playlist?list=PLyCLOpd4VxBvQafyve889qVcPxYEjdSTI</a> <i>or</i> a Cosmic Yoga activity <a href="https://www.youtube.com/user/CosmicKidsYoga">https://www.youtube.com/user/CosmicKidsYoga</a> <i>or</i> use a routine from Gonoodle <a href="https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/">https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/</a></p> <p>If you can't do any of those, then do some of your own activities.</p>	
<p>9:30 -10:30 am</p>	<p>English</p>		<p>Complete Pobble 365 activity from the website <a href="https://www.pobble365.com/">https://www.pobble365.com/</a> <i>or</i> a BBC Bitesize daily lesson <a href="https://www.bbc.co.uk/bitesize/primary">https://www.bbc.co.uk/bitesize/primary</a> <i>or</i> the additional English work if we have posted any for that day.</p>	
<p>10:30 – 11:30 am</p>	<p>Break time – time to exercise</p>		<p>If possible: A morning walk with someone in your household or exercise in the garden <i>or</i> choose a Supermovers activity <a href="https://www.bbc.co.uk/teach/supermovers/ks2-maths-collection/z7frpg8">https://www.bbc.co.uk/teach/supermovers/ks2-maths-collection/z7frpg8</a> <a href="https://www.bbc.co.uk/teach/supermovers/ks2-english-collection/zmv4scw">https://www.bbc.co.uk/teach/supermovers/ks2-english-collection/zmv4scw</a></p>	
<p>11:30 – 12:00</p>	<p>Maths</p>		<p>Complete a White Rose maths activity <a href="https://whiterosemaths.com/homelearning/year-3/">https://whiterosemaths.com/homelearning/year-3/</a> <i>or</i> a BBC Bitesize daily lesson <a href="https://www.bbc.co.uk/bitesize/primary">https://www.bbc.co.uk/bitesize/primary</a> <i>or</i> the additional maths work if we have posted any for that day.</p>	
<p>12:00 – 1:00pm</p>	<p>Lunch/Relax</p>		<p>Can you help to prepare/make lunch? Eat lunch together when possible.</p>	
<p>1:00 – 1:45pm</p>	<p>Science / Investigation time</p>		<p>Choose a something to learn about from the BBC Bitesize website <a href="https://www.bbc.co.uk/bitesize/subjects/z2pfb9q">https://www.bbc.co.uk/bitesize/subjects/z2pfb9q</a></p>	

<p><b>1:45 – 2:15pm</b></p>	<p>Active break</p>	 <p>Break</p>	<p>Choose one of the exercise activities from above or make up your own. Maybe you could challenge yourself e.g. How many <b>keepie-uppies/star jumps/skips etc</b> can you do in a minute? Can you beat your score from yesterday?</p>
<p><b>2:15 – 3:15pm</b></p>	<p>Creative or Topic time</p>	 <p>Art</p>	<p>Can you do some baking, art and craft or making? Could you write a letter or make a card for a family member who you aren't able to visit?</p> <p>Follow the link on the school website for Twinkl and select Parents Hub. There are lots of ideas here.</p> <p>Choose an activity from one of the Topic project ideas we sent home. We will also be posting other Topic and Creative ideas on the website.</p>