



Robert Mellors Primary Academy

Suggested Routine for Y5

<p>By 8:00 am</p>	<p>Wake up Reading Time</p>	 <p>Jobs</p>  <p>Reading</p>	<p>Have breakfast Get dressed Brush your teeth (for 2 minutes) Make your bed Tidy your room</p>	<p>Read to yourself or to someone else in your house. Or you could read to a pet or to someone over Facetime.</p>
<p>9:00 – 9:30 am</p>	<p>PE</p>		<p>Log onto You Tube for a Joe Wicks workout https://www.youtube.com/playlist?list=PLYCLOPd4VxBvQafyve889qVcPxYEjdSTl or a Cosmic Yoga activity https://www.youtube.com/user/CosmicKidsYoga or use a routine from Gonoodle https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/</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>Writing</p>	<p>Complete Pobble 365 activity from the website https://www.pobble365.com/ or a BBC Bitesize daily lesson https://www.bbc.co.uk/bitesize/primary or the additional English work if we have posted any for that day.</p>	
<p>10:30 – 11:30 am</p>	<p>Break time – get active!</p>	 <p>Break</p>	<p>If possible: A morning walk with someone in your household or exercise in the garden or choose a Supermovers activity https://www.bbc.co.uk/teach/supermovers/ks2-maths-collection/z7frpg8 https://www.bbc.co.uk/teach/supermovers/ks2-english-collection/zmv4scw</p>	
<p>11:30 – 12:00</p>	<p>Maths</p>	 <p>Maths</p>	<p>Complete a White Rose maths activity https://whiterosemaths.com/homelearning/year-5/ or a BBC Bitesize daily lesson https://www.bbc.co.uk/bitesize/primary or the additional maths work if we have posted any for that day.</p>	
<p>12:00 – 1:00</p>	<p>Lunch / Relax</p>	 <p>Lunch</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>Science</p>	<p>Go on to Science Bootcamp. https://www.satsbootcamp.co.uk/bootcamps/science.php See the separate science timetable on the website for which activities to click on. or a BBC Bitesize activity https://www.bbc.co.uk/bitesize/subjects/z2pfb9q</p>	

			Sometimes we will have posted a separate science activity for you to complete, so look out for those.
1:45 – 2:15pm	Active break		<p>Choose one of the exercise activities from above or make up your own.</p> <p>Maybe you could challenge yourself e.g.</p> <p>How many keepie-uppies/star jumps/skips etc can you do in a minute? Can you beat your score from yesterday?</p>
2:15 – 3:15pm	Creative or Topic time		<p>Can you do some baking, art and craft or making?</p> <p>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>