

## Sebert Wood Home Learning Information - COVID-19

Even during normal school, everyone has differing views on how much home learning primary aged children should have. We are taking a balanced approach to the work we are suggesting, but this is an unprecedented situation and everyone's main focus is rightly on family security, health and well-being.

In addition to any work provided by school, as a general guide, the list below should keep everyone busy! This is not an exhaustive list and I'm sure you and your children can think of many great and innovative ideas of your own.

### TOP TIPS

- Try to stick to a routine and include plenty of breaks, free time and fun!
- Drink plenty of water and eat healthily throughout the day.
- Your child should do some reading every day - independently, or with you, or via audiobook etc. and for KS2 completing Accelerated Reader quizzes when appropriate.
- Practical hands on maths - through cooking, in the garden, or through physical or online maths games. *TT Rock Stars* is great for this work. Chant the times tables!
- Depending on the child's age, it's great to get them to do something independently such as a mini project based on their interests, to keep their brains ticking over! Research can be from books, online or both!
- Creative story writing or poetry. They could keep a diary, write a comic strip or review their favourite book or author.
- Drawing, colouring, painting and junk modelling are all excellent activities. Junk modelling is a great way of re-using your recycling waste!
- Physical exercise every day. There are many apps and online instructional exercise videos for children and adults (Joe Wicks morning workouts are great for the whole family). Or this can be your half an hour family exercise outside as per government guidance.
- Jigsaw puzzles, crosswords, word searches and Sudoku are all great for the brain. There are millions of these online!
- Developing fine motor skills by using Lego, cutting, playdough, tidying and sorting small toys.
- Tidy bedrooms and help with household chores!
- Listen to some music and sing songs! Play or learn a musical instrument if possible!
- For younger children (EYFS) lots of imaginative free play, the more independent the better.
- Play board games together.
- Try to monitor the amount of 'screen time' your child has. We understand that given the circumstances there may be slightly more of this, but please remember online safety guidance- [www.nspcc.org.uk/keeping-children-safe/online-safety/](http://www.nspcc.org.uk/keeping-children-safe/online-safety/)

## OTHER ADVICE

- Despite much of the coverage in the media, the current situation is not 'home schooling'. 'Home schooling' is where a parent makes a considered choice to take on the role of teacher, in whatever form they choose, and there are whole networks of home schooling support groups. The current situation was not a choice and at best can be described as 'distance learning'. If it were that easy, schools wouldn't exist!
- Given the current situation, there is nothing to stress or feel guilty about relating to home learning. If you decide that your child is going to spend a large part of the day building Lego, playing in the garden, cooking, baking, drawing or reading, then that is your choice. We do not know how long we are going to have to maintain the current set up so we need to pace ourselves!
- There is a myriad of ideas, videos and activities on the internet which all support home learning but only use them if they suit you and your child.
- You may be worried your child might 'fall behind'? In school, staff are skilled at supporting children and differentiating work, but under the current circumstances it isn't possible for this to happen. Children learn and progress at different rates so give your child plenty of time and help them as best you can. When normality returns, the government have indicated that there will have to be a period of adjustment and review for all schools and pupils.
- You may have a wide age range of children at home? If they're old enough, try to get them to do bits of work independently. Older children can help younger ones. Otherwise try to give your children something they can all engage with, such as reading a story together or playing a board game.

*We hope this advice is useful.*