



**Alexandra**

Primary School

Aspire, Perform, Succeed

## Online Timetable

Thank you for all you are doing to support your children at home. We appreciate that routines and structured time can not be the same at home as it can be at school. Here's an idea to help structure the day. It includes some activities you could do while at home. They do not have to be followed to time and are an idea of how to structure some learning time at home. Breakfast, Break, Lunch, dinner times are, of course, dependent on family schedules. Remember to keep safe online at all times too! We hope it helps.

When?	What?	Where?	Extra Information
9am Mon – Fri	<b>Jo Wicks Morning PE sessions</b>	<a href="https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ">https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ</a>	Physical exercise to raise your heart rate. If you miss this you can watch the videos later on the YouTube channel.
9am Mon – Fri	<b>Jump Start Jonny</b>	<a href="https://www.youtube.com/channel/UC8PDFwCV0HHcl08-1SzdiBw">https://www.youtube.com/channel/UC8PDFwCV0HHcl08-1SzdiBw</a>	Fun interactive dance workout. If you miss this you can watch the videos later on the YouTube channel.
9:45am Mon - Fri	<b>Writing with Jane Considine</b>	<a href="https://www.youtube.com/watch?v=t5kzc2NVikc">https://www.youtube.com/watch?v=t5kzc2NVikc</a>	Watch this video to see how super sentence stacker sentences will work. <a href="https://www.youtube.com/watch?v=rs3rClhtQso">https://www.youtube.com/watch?v=rs3rClhtQso</a> A story for the Nation. You can even send your work to Jane. Email <a href="mailto:jance@thetrainingspace.co.uk">jance@thetrainingspace.co.uk</a>
10am-11am	<b>APS online learning</b>	APS website – learning, year groups listed as a tab, 'more online learning' are links to sites such as Doodle Maths, Doodle English, Mathletics, My Maths etc.	Please see your year group page for a weekly update of activities that can be done online and / or offline.
10am – Mon - Fri	<b>Dr Chip's daily dose of Science, Engineering and Computing</b>	<a href="https://drchips.weebly.com/">https://drchips.weebly.com/</a>	Dr Chip has different activities for each day of the week. If you think you would be interested, look ahead – to see what resources you will need.
10.15-10.30 or 10.30-10.45	<b>Break - as you would at school</b>	Away from the screens!	
11am – Mon - Fri	<b>David Walliams Story Time</b>	<a href="https://www.worldofdavidwalliams.com/elevenses/">https://www.worldofdavidwalliams.com/elevenses/</a>	If you miss this you can watch the videos later on the YouTube channel
11am – Mon - Fri	<b>Body Beats body percussion online lesson</b>	<a href="https://www.youtube.com/watch?v=j4mZhv9HS-g">https://www.youtube.com/watch?v=j4mZhv9HS-g</a>	Music – with no instruments! If you miss this, you can watch the videos later on the YouTube channel.
11am – Mon - Fri	<b>Let's Go Live Science with Maddie Moate and Greg Foot</b>	<a href="https://www.youtube.com/watch?v=b7bi3xOZpaM">https://www.youtube.com/watch?v=b7bi3xOZpaM</a>	Talking about Science and Nature with a theme each week. If you miss this you can watch the videos later on the YouTube channel.
<b>12-1pm - Lunch!</b>			
1pm – Mon - Fri	<b>Natasha Lamb basics of British Sign Language</b>	<a href="https://www.youtube.com/watch?v=diY-WcDB68A">https://www.youtube.com/watch?v=diY-WcDB68A</a>	If you miss this you can watch the videos later on the YouTube channel.

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2pm-4pm	<b>Weekly suggested activities set by Year groups</b>	APS website: Learning, Year groups, Link to word doc with a weekly grid.	Please consider the resources you may have at home and vary the activities set. If you have any questions or queries, please contact the school office via email.
4pm-5pm	<b>Lego time!</b>	Lego ideas link on year group weekly grid.	Let's get modelling! Look at <a href="https://ideas.lego.com/">https://ideas.lego.com/</a> Share pictures of your models with us by sending them to: <a href="mailto:apsallstars@alexandra.hounslow.sch.uk">apsallstars@alexandra.hounslow.sch.uk</a> . Write your name and class in the email.
5pm-6pm	<b>Leisure time. Help with cooking and preparing things around the home.</b>	Spend some time in the garden, if you have one. Help out around the house.	Remember to take your leisure time to do something you enjoy in the safety of your own home.
6pm	<b>Oliver Jeffers story time</b>	Instagram <a href="https://www.instagram.com/oliverjeffers">@oliverjeffers</a>	If you miss this you can watch the videos later on the YouTube channel.
All the Time	<b>Edinburgh Zoo live streaming</b>	<a href="https://www.edinburghzoo.org.uk/webcams/panda-cam/">https://www.edinburghzoo.org.uk/webcams/panda-cam/</a>	Edinburgh Zoo have live cameras on the website running day – night.
All the Time	<b>Art Ninja</b>	<a href="https://www.bbc.co.uk/cbbc/shows/art-ninja">https://www.bbc.co.uk/cbbc/shows/art-ninja</a>	Expert art animator who can get you creating.