

Suggested Timetable for Distance Learning Whanau Kowhai

Time	Activity	Completed
7:30am	Eat breakfast, wash dishes	
8am	Get dressed, clean teeth, make bed, tidy bedroom	
9am	Go to 'google classroom' and 'seesaw' to check for messages from your teacher	
9:10am	Mathematics <ul style="list-style-type: none"> ● choose a website to practice basic facts https://www.topmarks.co.uk/maths-games/hit-the-button https://www.prodigygame.com https://www.sumdog.com https://www.studyladder.co.nz/ , http://www.snappymaths.com/ https://www.mathschase.com/ https://www.khanacademy.org/coach/dashboard https://www.topmarks.co.uk/maths-games/hit-the-button https://www.math-drills.com/	
9:30am	Fitness: Go outside for fresh air and a run around or use 'go noodle' website for exercise https://app.gonoodle.com/	
10am	Morning Tea	
10:30am	Reading <ul style="list-style-type: none"> ● SSR (silent, sustained Reading) Read a novel for 15 minutes ● Book review ● choose a website to practice reading skills Online Reading programmes: https://readtheory.org/ https://www.kiwikidsnews.co.nz/ https://www.studyladder.co.nz/ https://literacyonline.tki.org.nz/Literacy-Online/Planning-for-my-students-needs/Instructional-Series/School-Journal https://www.storylineonline.net/ https://classroommagazines.scholastic.com/support/learnathome.html?caching https://www.getepic.com/sign-in	

11:30am	Movement <ul style="list-style-type: none"> • Time to stretch, drink of water 	
11:45am	Writing <ul style="list-style-type: none"> • Free writing time: quick write • Choose a website to practice writing skills https://www.literacyshed.com/home.html http://www.pobble365.com/	
12:30pm	Lunch <ul style="list-style-type: none"> • Make a healthy lunch for your family 	
1:30pm	Inquiry <p>Here are some suggestions for you and your family:</p> <ul style="list-style-type: none"> • Prepare a winter garden and plant some seeds • Set up worm farm • Look at recycling at home • Learn to knit, sew build with an adult • Lego building, • Cooking with adults, create a healthy menu for the week • Play board games https://www.wikihow.com/Plan-a-Winter-Garden https://www.persil.com/uk/dirt-is-good/games/how-to-make-a-worm-farm-for-kids.html https://www.recycle.co.nz/kids.php https://www.heartfoundation.org.nz/professionals/food-industry-and-hospitality/fresh-made	
3pm	Physical Education <ul style="list-style-type: none"> • Improve ball skills • Jump Rope - skipping • Circuit training: star jumps, push ups, etc 	