

How to support home learning

Be realistic about what you can do

- **We're not expecting you to become teachers** and your children aren't expected to learn as they do in school. Simply **providing your children with some structure** at home will help them to adapt. Use the tips below to help you make this work for your household.
- **Experiment** in the first week, then **take stock**. What's working and what isn't? Ask your children, involve them too.
- **Share the load if there are two parents at home**. Split the day into 2-hour slots and take turns so you can do your own work. If there are older siblings in the home they may be able to support with explanations of how to complete the work and the knowledge required. This is useful for reinforcing their own knowledge at the same time.
- **Take care of your own health and wellbeing**. This will be new for your entire household, so give it time to settle.

Keep to a timetable wherever possible

- **Create and stick to a routine** if you can. This is what children are used to. For example, eat breakfast at the same time and make sure they're dressed before starting the 'school' day – dress for business, avoid staying in pyjamas!
- **Help your child follow the live lesson timetable** where possible. We try to teach children to be self-managers and become independent, so help them develop a plan to manage their work.
- **Check in with your children and try to keep to the timetable, but be flexible**. If a task/activity is going well or they want more time, let it extend where possible.
- If you have more than one child at home, **consider combining their timetables**. For example, they might exercise and do maths together – see what works for your household.
- **Designate a working space if possible**, and at the end of the day have a clear cut-off to signal school time is over.
- **Display the timetable up on the wall** so everyone knows what they should be doing and when, then tick activities off throughout the day.
- **Distinguish between weekdays and weekends**, to separate school life and home life. Definitely have a weekend if this is what your child chooses.

Make time for exercise and breaks throughout the day

- **Each morning could begin with a [PE lesson](#)** at 9am with Joe Wicks or any other online workout. Pupils are also capable and encouraged to design their own.
- If you have a **garden, use it regularly**. If you don't, try to get out **once a day** as permitted by the government (households can be together outdoors but 2 metres apart from others)
- Get your children to **write in a diary what they did each day** – this can be a clear sign that the 'school' day has ended. Ideally this will list all the key knowledge they have gained. Recall is a vital factor in learning.

Other activities to keep children engaged throughout the day

- Where you have more freedom in the timetable be creative. Ask your child to choreograph a dance and then perform it. Play cards to improve basic numeracy, anything!
- Get your children to **write postcards** to their grandparents or to pen pals. If they are on a video call get them to describe their learning.
- Ask **grandparents to listen to your children read** on FaceTime (or ask grandparents to read to younger children).
- **Give them chores** to do so they feel more responsible about the daily routine at home. This doesn't have to be alone, it could be preparing the main meal of the day together.
- Ask them to **help you cook** and bake.
- Accept that **they'll probably watch more TV/spend time on their phone** – that's ok but you might want to set/agree some screen time limits. You could also focus their viewing towards a documentary or science programme. This could help to reinforce learning as well just being good TV!