



Daily Program for Home school  
**PRIMARY AGE**

- Wake up
- Make your bed
- Have your breakfast
- Feed your pet

Get Active:

Try to be outdoors when getting active - ride your bike, scooter, jump rope, play on trampoline, work on your footy or soccer skills.

- Run or do an active session - lunges, squat jumps, star jumps, speed runs, side steps, jump frog and stretch.

Drink water

- Think of gratitude and make a list.
- Listen to some guided meditation music and calm your body and mind.

Eat your 'munch and crunch': fruit or vegetable

(Change it up daily - Eat whole fruit or raw vegetables, cut up veggies with raw dips)

Drink another glass of water – try warm water

LESSON TIME:

NUMBER & MATHS:

- Count aloud
- Practice times tables
- Play a flash card game of numbers.

\*Complete allocated Mathematics tasks in book or online.  
Get a brother or sister or mum and dad to give you some tricky ones.

- Maximum time 20 minutes

TIME Build a Lego or do a puzzle, learn to craft something.  
Get active again - your free choice - turn on some music this time.

EAT a snack; Drink more water

LESSON TIME:

ENGLISH; SPELLING; WRITING

- Read a book in the sunshine or outdoors - tell your pet or a family member about the book.

Learn your spelling words -

- Make the words on a scrabble board;
- Draw the words in the sand,
- Make flash cards of the words.
- Write the words with chalk or in water with your finger on a paver outdoors.
- Write a mini story using the words.
- Write a journal or a list of what you have done today in your Home learning book. Don't forget to date it.
- Use a dictionary to find new words or use books in your house to find new words.

Maximum time 30 minutes

BREAK TIME: Eat lunch - see if you can make it or help out.  
Put your dishes away; wash up or stack it in the dishwasher.

*Drink more water*

LESSON TIME:

SCIENCE; TECHNOLOGY; HEALTH, HISTORY; GEOGRAPHY –  
Find facts on your interest – talk about it; make a poster or  
PowerPoint of the fact. Share with the family.

FREE TIME

- Time to clean your room or help with outside chores.  
Ask how to do something new around the house? Learn  
a new skill -
- Try a handstand, cartwheel or play with a ball. Play with  
your siblings.
- Do some gardening or cooking

Time to chill out. Watch a movie or read. Build or craft again.  
(Free time ask Mum and Dad for laptop time)

*Help with dinner;*

*Read before bed 15 minutes.*

*Sleep well!*

