

School @ Home Plan

Each day consists of: 6 x 45 minute class sessions | 3 x move | game | creative | challenge sessions – 1 each day must be move

			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9AM	45 mins	Class					
9:45AM	15mins		MOVE GAME CREATIVE CHALLENGE				
10AM	45 mins	Class					
10:45AM	30 mins		RECESS				
11:15AM	45 mins	Class					
12:00	15 mins		MOVE GAME CREATIVE CHALLENGE				
12:15PM	45 mins	Class					
1:00PM	45 mins		LUNCH				
1:45PM	45 mins	Class					
2:30PM	15 mins		MOVE GAME CREATIVE CHALLENGE				
2:45PM	45 mins	Class					

MOVE	GAME	CREATIVE	CHALLENGE
Skipping	Triominos	Embroidery	Lego challenge – see list of challenges
Handball	Card game – quick	Simple cross stitch	Puzzles
Star Jumps	Rummy-O	Texture – outside	Sudoku
Hopscotch	Selfish	Sketching – from a cue	Word search
Bouncing ball on Symbol (draw symbols with chalk on ground, stand behind the line, then bounce ball)	Solitaire	Art activity quick Stamping	Random fact hunt using a book (animal, person, place, thing, space, human body, etc)
Basketball drills	Chess	Art activity quick Reuse art	Story challenge - write a short piece using 3 items/things chosen by mum or the story cubes
Soccer Drills	Checkers	Sewing	
Hula Hoop	Sequence	Colouring	
Outdoor Circuit – back-yard challenge	Other Board Game	Other creative activities	
Yoga			
Dancing			