



#equippedforlife

The
Westgate School

Daily schedule for being at home

Anytime before 9.00am	Time to wake up	Eat breakfast, have a wash, get dressed, make your bed
9.00am to 10.00am	Morning fresh air	Walk, jog, a spot of yoga if the weather is poor. It is important to get your heart working and blood flowing like you would do on your way to school. This is going to help with your concentration.
10.00am to 11.00am	Study time	Use the range of resources and provision through the school website and focus on either Maths or Science. In the morning our brains are better at concentrating on logistical processes. Remember to drink water!
11.00am to 12.00pm	Study time	Use the range of resources and provision through the school website and focus on English. You may choose to use some of this time to read a fictional book as reading massively boosts your ability to access a range of skills across all subject areas. Remember to drink water.
12.00pm to 12.30pm	Lunch time	Have a healthy lunch to keep your brain fuelled and mind focused.
12.30pm to 1.00pm	Chore time	Being at home means you must help contribute to family life and the running of your home. You could tidy the kitchen, do a spot of vacuum cleaning or dusting. Anything you do to help support keeping order at home.
1.00pm to 2.00pm	Study time	Focus on other areas such as humanities, languages or computer/technology based subject areas. Keep focused and stick to one subject in this time but change it daily.
2.00pm to 3.00pm	Afternoon fresh air	Get outside again and get some fresh air. At school you would be in the playground and have this exposure so it is important to keep these routines. You could go to the park, go for a bike ride or just take a simple walk.
3.00pm to 4.00pm	Creative time	Do some art, drawing, play an instrument, have a puzzle on the go or even get that box of Lego out, but do something that does NOT involve electronics. It is important to have time away from the screen, especially if you have been doing online study
4.00pm to 5.00pm	Free time	TV, games, listen to music. It's your time and you deserve a switch off
5.00pm to 6.00pm	Dinner	It would be great if you could help out with this. Learn or develop your cooking skills.
7.00pm and onwards	TV time	Relax, get your feet up and switch off 😊
9.00pm	Bedtime	Phones away. Read a book and get good quality sleep.