



# Pilrig Park Home school Parent / Carer guide.

## Ideas to help plan your day - What you child's day may look like?

**8.30 - 9.00** Draw or discuss what we will do today? What day is it, what is the weather like outside, sing a song, make your bed, tidy up your room

**9.00 - 9.30** P.E with Joe Wicks on You Tube  
Do some Yoga or stretching. Exercises at home - climbing the steps, step ups, sit ups, star jumps, jogging on the spot, laps of the garden or shuttles back and forward walk, jog, running - how many can you do in 3, 5, 10, 20mins?

**9.30 - 11.00**  
**Rotate / select areas as required**

Use photos either as a log of the day for reflection and retelling, or for steps in a task like for baking or other practical life skill then they can use photos to sequence task and become more independent in

### Snack / cooking



Make a snack  
Make a drink for yourself or your family.

#### Some ideas

- Make a pizza
- Make cheese on toast
- Make hot chocolate
- Make a fruit / vegetable salad
- Make Bread

### Academic



#### Some ideas

- Digital; log into Education city [www.educationcity.com](http://www.educationcity.com)
- Sumdog for maths [www.sumdog.com](http://www.sumdog.com)
- Literacy
- Numeracy
- Health & Wellbeing
- Languages
- Science
- Sign up for free resources at Twinkl [www.twinkl.co.uk](http://www.twinkl.co.uk)

### Creativity Skills, Health & Wellbeing



#### Some ideas

- Creative games/challenges
- Painting, collage, colouring
- Puppets making and creating puppet shows
- Craft/Sewing/Knitting
- Photography
- Large/small construction with lego or building blocks
- Making animations/Films on your phone or tablet
- Musical
- Mindfulness

### Outdoor/Physical Activity



#### Some ideas

- Local Daily Mile walk
- Outdoor PE fitness
- Cross Country walk
- Mini-beast hunt in the garden or local wood
- Photography
- Go a short bike ride
- Climb a tree
- Build a den in the garden
- Put up a tent

the task they are doing

Bake muffins / cup cakes  
Make a sandwich

Digital safety packs

<https://www.thinkuknow.co.uk/>



<https://www.bbc.co.uk/bitesize>

**Non-Digital:-**

Home work resource packs from school

Look for 2D shapes around your home

Count the cutlery and place into matching sets.

Create and follow some patterns using colour, shapes, lines, letters or numbers

STEM - experiments

Sink or float objects in a basin of water

Build a dried spaghetti tower with marshmallows.

Make a paper aeroplane- how far can it fly?

Drama games / acting out

Care for your pet if you have one

Learn some self-help skills, for example, tying your shoe laces, making your bed etc.

*Please refer to your pupil information packs regarding information about the topics below:-*

Growth Mindset

Resilience Activities

Seasons for Growth

Nurture

Emotional Talks



Relax Kids

Make a blind man rope trail to follow.  
Practice throwing, catching and dribbling a ball.

Practice kicking and passing a ball

Write a letter / draw a picture or make a card to send to a family member telling them about what you are doing or to an elderly neighbour or someone in care home who may be feeling a little isolated

11.00 -  
12.30

### Citizenship & Life Skills-



#### Some ideas

Personal Hygiene (handwashing focus & infection control), Food hygiene, Cooking skills, including recipes, Photograph Diaries, Digital Outreach e.g. short films ("Today's Survival Tips") e.g. how to use google, how to do on-line shopping orders, keep fit for all ages, Storytime (pupils read aloud or listen to stories, for others to watch, share ways of socialising digitally ,Financial education - counting money skills

Learn some self-help skills, for example, tying your shoe laces, making your bed etc.

**Pet Care** - Care for your pet if you have one

**On your walk** - keep a note of how many dogs you see or how many flowers or red cars or traffic lights, rainbows in windows and then can use that to do a counting activity at the end and see what you saw most of at the end of a week.

<p><b>Lunch</b> 12.30 -1.30</p>	 <p>encourage self-help skills , healthy eating choices, setting the table, help to make your own lunch, tidy up , doing the dishes etc</p>			
<p>1.30 pm - 2.30 pm</p> <p>Rotate / select areas as required</p>	<p><b>Snack / cooking</b></p> 	<p><b>Academic</b></p> 	<p><b>Creativity and Skills</b> <b>Health &amp; Wellbeing</b></p> 	<p><b>Outdoor/Physical Activity</b></p> 
<p>2.30 - 3.00pm</p>	<p><b>Digital activities and films / TV</b></p>			
<p>3.00 - 3.15pm</p> <p>Help guides Information / Activity support</p>	<p>End of day reflection, singing, drawing, emotional checks</p> <div data-bbox="1352 753 1935 1136" data-label="Image"> <p><b>How do you feel?</b></p> <p>Angry Scared Sad Happy</p> <p>Frustrated Anxious Disappointed Calm</p> <p><small>www.consciousdiscipline.com Conscious Discipline © 2010 Living Discipline, Inc.</small></p> </div> <p>Use photos either as a log of the day for reflection and retelling to say what bit of the day they liked best</p>			