

| <b>Year 3 &amp; 4 Daily Schedule Guide Version 1</b> (families with senior school siblings use version 2 below) |  |
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| <b>Preparing to learn</b><br>8:15 – 8:40  | Encourage 15 minutes on a mindfulness task or physical activity to help settle into learning mode  |
|   | Set up your work area – check you have your stationery, books, headphones, water bottle, brainy snack, charger, clock or egg timer etc.  |
| <b>Home Group</b><br>8:40 – 8:50  | <b>Log into SeeSaw:</b> <u>Connect</u> by responding to the teacher’s welcome message, <u>complete</u> the Wellbeing Survey, <u>locate</u> the set tasks to <u>plan</u> your day. <u>Check</u> whether there are any Zoom meeting times.   |
| <b>Morning Session</b><br>8:50 – 10:50  | <p><b>Structured learning time:</b></p> <ul style="list-style-type: none"> <li>• Literacy &amp; Mathematics tasks</li> <li>• Schedule body breaks after every 20 minutes of focused learning and a healthy snack around 10:00am</li> </ul> <p>Year 3 &amp; 4 students will be set between 2 and 3 hours of <b>structured work</b> per day. For your child, this may look like 8 sessions of 20 minutes of on-task time. Your child may, however, manage longer periods of focus time, such as up to an hour, and may choose to work beyond this expectation.</p> |
| <b>Recess</b>   | 10:50 – 11:15 <b>Outdoors / exercise</b>   |
| <b>Midday Session</b><br>11:15 – 12:30  | <p><b>Unstructured time:</b></p> <ul style="list-style-type: none"> <li>• Passion projects (areas of personal interest)</li> <li>• Personal reading and writing for leisure</li> <li>• Creative time – making, baking, creating, building, designing, performing, drawing, crafting, imaginative play,</li> <li>• Problem-solving – puzzles, games, investigations</li> </ul>  |
| <b>Lunch</b>  | 12:30 – 1:30. <b>Eating and outdoors / exercise</b>  |
| <b>Afternoon Session</b><br>1:30 – 3:30pm   | <p><b>Structured learning time:</b></p> <ul style="list-style-type: none"> <li>• Tasks set by specialist teachers (Art, French/Chinese, Music, Library, Performance Arts, Physical Education, Digital Technologies)</li> <li>• Inquiry tasks (Sciences / Humanities)</li> <li>• Schedule body breaks after every 20 minutes of focused learning</li> <li>• Assembly video (Friday)</li> </ul>  |
| <b>Afterschool</b>  | <b>Outdoors / exercise: bikes, scooters, trampoline, walking, practice sport skills</b>  |