



Remote Teaching & Learning Example Daily Schedule

Before 9am	Morning Routine	Normal morning routine - eat breakfast, make your bed, get dressed
9-9:45am	Morning Walk/Exercise	Walk, exercise, walk the dog Wet weather - yoga or other
9:45-11am	Learning Session1	Literacy focus: flash cards, study guide, journal, learning matrix - no electronics
11-11:45am	Lunch	Wash your hands, clean your workspace
11:45-12:30	Learning Session 2	Numeracy focus: learning matrix, work booklet, maths games, e.g. monopoly, snakes and ladders - no electronics
12:30-1:15pm	Learning Session 3	Electronics allowed - Mathletics, Prodigy, Seasaw
1:15-2pm	Afternoon Tea	Wash your hands, clean your workspace
2-3:00pm	Learning Session 4	Creative time - lego, drawing, art, craft, cook
3-5:30pm	Afternoon Fresh Air	Play outside, ride your bike, play with your pet
5:30-6pm	Tech/TV Time/Quiet time	Gaming, reading, TV, wind down time
6-7pm	Dinner Time	Wash your hands and help family cook dinner
7-8pm	TV/Family Time	Spend time with your family
8pm	Bedtime 1	Bedtime if not completing all tasks. Read a book.
9pm	Bedtime 2	Bedtime if completed all daily learning tasks

*This is only a guide or template on how you can organise your day. This will be different for each student and would depend on a variety of factors.

*Teachers may have a zoom timetable where you will interact with your classroom teacher. This would have to be factored into your day and will be communicated at a later date.