Daily Program for Home school

HIGH SCHOOL AGE

* Wake up
* Make your bed
* Have your breakfast
* Feed your pet
* Put on washing and hang it out.

Get Active:

Try to be outdoors when getting active – ride your bike, scooter, jump rope, surf, skateboard, work on your footy or soccer skills.

* Run /walk
* HITT active session – lunges, squat jumps, star jumps, speed runs, side steps, & stretch.

Drink water

* Think of gratitude and make a list
* Listen to some guided meditation music and calm your body and mind.
* Write a journal of your personal goals
* Write a list of your things to achieve today – time allocate

Eat fruit or vegetable

(Change it up daily - Eat whole fruit or raw vegetables, cut up veggies with raw dips)

Drink another glass of water – try warm water

LESSON TIME:

MATHS:

Practice times tables

Play a flash/memory card game of numbers.

Complete allocated Mathematics tasks in book or online.

* Maximum time 40 minutes

CREATIVE TIME – learn to ‘code’, do a puzzle, learn to craft, plan dinner for the family.

Get active again – your free choice – turn on some music this time.

EAT a snack; Drink more water

LESSON TIME:

ENGLISH; WRITING and RESUME

Read a book in the sunshine or outdoors – tell a family member about the book.

Learn your NEW words – Vocabulary word search.

* Make the words on a scrabble board;
* Practice using it in a sentence;
* Make flash cards of the words.
* Write a journal or a list of what you have done today. Don’t forget to date it.
* Make a resume

Maximum time 40 minutes

BREAK TIME: Eat lunch – see if you can make it or help out. Put your dishes away; wash up or stack it in the dishwasher.

Drink more water

LESSON TIME:

SCIENCE; TECHNOLOGY; HEALTH, HISTORY; GEOGRAPHY:

* Find facts on your interest – talk about it; make a poster or PowerPoint of the information.
* Create a mini movie of the facts or new knowledge
* Make a plan to travel to a new destination
* Learn a language – audio book
* Learn an instrument
* Share with the family.

FREE TIME

* Time to clean your room or help with outside chores. Ask how to do something new around the house? Learn a new skill -
* Try yoga, stretch or play with your siblings or pet.
* Do some gardening or cooking.
* Make menu plan for the family.

Time to chill out. Watch a movie or read or gaming.

(Free time ask Mum and Dad for laptop time or time to FACETIME friends)

Help with dinner;

Read before bed. 30 minutes.

ALL TECH. OFF 1 HOUR BEFORE BED.

Sleep well!