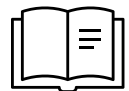


| Home Activity Planner (After School) |                                                                                                                                                                                                                                                                                      |                                                                                                                                          |
|--------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|
| 3.25 – 3.45                          | <b>Home Time</b><br>                                                                                                                                                                                | School finishes<br>Walk home<br>Exercise (family walk, yoga, sport)                                                                      |
| 15 minutes                           | <b>Snack Time</b>                                                                                                                                                                                                                                                                    | Enjoy a healthy snack                                                                                                                    |
| 45 minutes                           | <b>My Activity Passport</b><br>   | Take part in an activity from My Activity Passport in your Pupil Planner                                                                 |
| 45 minutes                           | <b>Learning Time</b><br>                                                                                           | <b>Electronics OK ✓</b><br>Teams Assignments<br>Century<br>Reading Eggs<br>Reading Coach<br>Times Table Rockstars<br>SPAG<br>Purple Mash |
| 30 minutes                           | <b>Family Cooking</b><br>                                                                                                                                                                           | Help prepare dinner<br>Lay the table                                                                                                     |
| 1 hour                               | <b>Dinner Time</b><br>                                                                                                                                                                            | Wash hands<br>Eat dinner<br>Help to tidy and wash                                                                                        |
| 30 minutes                           | <b>Learning Time</b><br>                                                                                                                                                                          | <b>No Electronics ✗</b><br>Practise Spellings and High Frequency Words<br>Reading and Task<br>Maths                                      |
| 30 minutes                           | <b>Quiet Time</b><br><b>Family Time</b><br><b>Mindfulness</b><br>                                                                                                                                 | Reading<br>Puzzles<br>Family TV Time<br>Daily Diary<br>Colouring<br>Listening to music<br>Mindfulness Techniques in Pupil Planner        |
| 8.00                                 | <b>Bedtime</b><br>                                                                                                                                                                                | Shower<br>Brush teeth, wash and dress for bed<br>Go to sleep                                                                             |