**Post 16 Heartwood and Sherwood Home Timetable**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **9.00 – 9.30** | **Keep fit with**  **Joe Wicks**  **YouTube** | **Keep fit with**  **Joe Wicks**  **YouTube** | **Keep fit with**  **Joe Wicks**  **YouTube** | **Keep fit with**  **Joe Wicks**  **YouTube** | **Keep fit with**  **Joe Wicks**  **YouTube** |
| **9.30 – 10.00**  **Have a drink of water** | **Write about how you found the exercise.**  **What was difficult what was easy** | **Write about how you found the exercise.**  **What was difficult what was easy** | **Write about how you found the exercise.**  **What was difficult what was easy** | **Write about how you found the exercise.**  **What was difficult what was easy** | **Have you noticed a difference yet to your fitness level?** |
| **10.00 – 10.30** | **Discuss with your parent your weekly budget for buying snacks indoors. Work out a price list**  **for snacks with your parent. Example crisps,fruit,biscuits,yoghurt, toast,juice,tea,**  **coffee. Water should be free.**  **Remember you only have 30 minutes.** | **Write up a list of all the food items you have in your kitchen.**  **Group the foods into Cupboard, Fridge, Freezer. Remember to count all the items.**  **Remember you only have 30 minutes.** | **Arrange to speak on the phone with a family member (no longer than 30 minutes)**  **Ask them questions.**  **Favourite food, best holiday they have had, what subject they were good at school, their first friend at school. Make notes. Try to speak to as many family members over the week. Then turn all your information into a ‘Family Magazine’.** | **Help with housework.**  **Hoover, dust, clean your bedroom, do the washing, iron some clothing, clean the windows inside, cut the grass, practice your tea and coffee making skills.**  **Make sure you have evidence for these tasks.**  **Make yourself a ‘Life Skills’ book, write your task and get a parent to sign.**  **Remember this should only take 30 minutes.** | **Check your list of food items. Have you run out of anything?**  **Do you need to write a shopping list?**  **Look at the time you have been given.** |
| **Break**  **10.30-11.00** | **Purchase or make a snack from the budget you have been given at the beginning of the week. Keep a record of what you are spending.** | | | | |
| **11.00– 12.00** | **Reading**  **David Walliams free audio books**  **Magazines**  **Newspapers**  **Own book**  **Write a book, news review** | **Reading**  **David Walliams free audio books**  **Magazines**  **Newspapers**  **Own book**  **Write a book, news review** | **Reading**  **David Walliams free audio books**  **Magazines**  **Newspapers**  **Own book**  **Write a book, news review** | **Reading**  **David Walliams free audio books**  **Magazines**  **Newspapers**  **Own book**  **Write a book, news review** | **Reading**  **David Walliams free audio books**  **Magazines**  **Newspapers**  **Own book**  **Write a book, news review** |
| **12.00– 13.00** | **A-Z**  **List animals for each letter of the alphabet. When completed, go back to the first animal, if you chose ‘APE’ (for example) you then have to think of a word that begins with each of the letter. Example A – awful and P – pretty E- enjoyable. Time how long it takes you.** | **A-Z**  **List countries for each letter of the alphabet. When completed, go back to the first animal, if you chose ‘APE’ (for example) you then have to think of a word that begins with each of the letter. Time how long it takes you.** | **A-Z**  **List films for each letter of the alphabet. When completed, go back to the first animal, if you chose ‘APE’ (for example) you then have to think of a word that begins with each of the letter. Time how long it takes you.** | **A-Z**  **List foods for each letter of the alphabet. When completed, go back to the first animal, if you chose ‘APE’ (for example) you then have to think of a word that begins with each of the letter. Time how long it takes you.** | **A-Z**  **List things in your house for each letter of the alphabet. When completed, go back to the first animal, if you chose ‘APE’ (for example) you then have to think of a word that begins with each of the letter. Time how long it takes you.**  **Has your time improved from Monday?** |
| **Lunch**  **13.00 – 14.00** | **Make your own lunch and offer to make a snack and drink for your family.** | | | |  |
| **14.00 – 15.00** | **ART BASED**  **Playdough**   * **8 tbsp plain flour** * **2 tbsp table salt** * **60ml warm water** * **food colouring** * **1 tbsp vegetable oil**   **Method**  **1. Mix the flour and salt in a large bowl. In a separate bowl mix together the water, a few drops of food colouring and the oil.**  **2. Pour the coloured water into the flour mix and bring together with a spoon.**  **3. Dust a work surface with a little flour and turn out the dough. Knead together for a few minutes to form a smooth, pliable dough. If you want a more intense colour you can work in a few extra drops of food colouring.**  **4. Store in a plastic sandwich bag (squeeze out the air) in the fridge to keep it fresh.**  **Challenge;**  **Make a copy of your street. Take photographic evidence.** | **ART BASED**  **Cards**  **Find out who has a**  **birthday or**  **Anniversary,**  **think about Easter**  **and make cards**  **which are personal**  **for that person.** | **ART BASED**  **Salt Dough Recipe**  **Makes** 1 ball  **Prep** 10 minutes **Cook** 3 hours   * 1 cupful of plain flour (about 250g) * half a cupful of table salt (about 125g) * half a cupful of water (about 125ml)   **Method**  1. Preheat the oven to its lowest setting and line a baking sheet with baking parchment.  2. Mix the flour and salt in a large bowl. Add the water and stir until it comes together into a ball.  3. Transfer the dough to a floured work surface and shape into your chosen model. You can roll it out and cut out shapes, numbers or letters using biscuit cutters, or make any kind of model you can think of.  4. Put your finished items on the lined baking sheet and bake for 3 hours or until solid.  5. Leave to cool.  **Take photographic evidence.** | **Computer**  **Hogwarts Digital Escape Room**  **It is a GREAT way to include the whole family in a game of magic and fun**  **You simply go to the** [**Hogwarts Digital Escape Room**](https://docs.google.com/forms/d/e/1FAIpQLSflNxNM0jzbZJjUqOcXkwhGTfii4CM_CA3kCxImbY8c3AABEA/viewform?fbclid=IwAR3PsZs_lsId0lUXGv67qJXKrUBZKdupXkMDgePT3q45K_MI1X4DvxpB3JY) **Google Doc page.**  **Read the instructions and start the game.**  **Good luck!** | **Computer**  **Edinburgh Live Zoo Cam**    **Explore this website and see different animals through the zoo webcam.** |