

## Remote Learning: A guide to learning from home

This guide will help you to support your child in their learning and development. We are not aiming to replicate the school day. However, we want to facilitate a suitable routine to maintain a healthy mind and body.

### What will your child's home-learning day look like?

This depends upon you, but we are suggesting you develop your own routine which includes the following:

- At least one physical activity each day, e.g. Joe Wicks Body Coach (live at 9am or streamed later), a SMHW PE video or something physical from our 'Enrich' list below.
- Spend an hour on a 'Retrieve' task or tasks from SMHW for one or two of your subjects.
- Spend up to an hour on a 'Stimulate' task from SMHW for a different subject.
- Choose a non-physical task from the 'Enrich' list below.
- Spend an hour throughout the day reading e.g. a book or e-book (see guidance below).

Each task is titled on SMHW e.g. **Year 9, retrieve, French no.1** or **Year 7, science, stimulate, no.3**.

Most subjects will refresh the SMHW 'Retrieve and 'stimulate' tasks weekly.

To give a sensible spread of subjects for 'Retrieve' and 'Stimulate' tasks we suggest the following timetable:

	Y9, Y10 & Y11 Week A	Y9, Y10 & Y11 Week B	Y7 & Y8 Week A	Y7 & Y8 Week B
<b>Monday</b>	English	Maths	History, Geography	Science
<b>Tuesday</b>	Option A	Option C	Maths	English
<b>Wednesday</b>	Maths	Science	English	Music, Art, Drama, PE
<b>Thursday</b>	Option B	Option D	Science	Technology, Computing
<b>Friday</b>	Science	English	MFL, RS	Maths

### 'Enrich' tasks – choose at least one per day from these suggested ideas

<ul style="list-style-type: none"> <li>• Reading current affairs articles First News (link on school website).</li> <li>• TED talks on YouTube.</li> <li>• Baking or preparing a family meal.</li> <li>• Writing a letter to a friend or relative.</li> <li>• Create a springtime photo-collage.</li> <li>• Helping at home with DIY or gardening.</li> <li>• Create a journal or diary.</li> <li>• Create your own short animation.</li> <li>• Research a historical person, famous writer or scientist.</li> <li>• Create a visual timetable of your week.</li> <li>• Start your family tree.</li> <li>• Learn some magic or a card trick.</li> </ul>	<ul style="list-style-type: none"> <li>• Make a photo album to share with your family.</li> <li>• Research the history of your town.</li> <li>• Design a montage or collage based on your life.</li> <li>• Start learning a new language on Duo-lingo</li> <li>• Guided meditation using YouTube.</li> <li>• Design a times-table chart.</li> <li>• Go on a virtual zoo tour.</li> <li>• Go on a virtual gallery tour.</li> <li>• Listen to blogs of your favourite subject areas.</li> <li>• Choose a subject and create some images.</li> <li>• Choose a subject and learn some keywords.</li> <li>• Interview a member of your family.</li> </ul>
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### **Further guidance about reading**

- Students in Years 7, 8 and some in Year 9 can continue quizzing on Accelerated Reader from home.
- LSA launches a **NEW** audiobook and e-book e-Platform library today: <https://lsahigh.eplatform.co/>
- Mobile/Tablet App: **eplatform by Wheelers**. **Login:** Your school email. **Password:** lsahs
- Any queries, please email [library@lythamhigh.lancs.sch.uk](mailto:library@lythamhigh.lancs.sch.uk) or message us through the app.
- Audible are offering a free collection here: <https://stories.audible.com/discovery>