

TDMS Home Learning Guidance

Several parents have asked us for some guidance on how they might structure their child's day if they are at home, either because the school is closed or because they are in self-isolation.

You are the experts in looking after your own children. However, we all know that the most important things are having a routine, building in variety and having some basic ground rules. For many of our students, the most basic rule will probably be applying some self-discipline over their mobile phones!

From talking to some of our Parent Governors and Parent Voice Team, we have come up with the model below.

Activity	Time	Ideas	Phone?
Wake up & get ready	Before 09:00 am	Wake up at more or less your normal time and get dressed	OK
Breakfast	09:00 - 09:30 am	Have a decent breakfast: porridge, cereal, or why not full English?	OK
Exercise	09:30 - 10:00 am	Take a walk, go for a run or race against the Peloton!	OK
Academic Time 1	10:00 - 10:45 am	Spend 45 minutes doing some Maths work	NO
Snack and treat time	10:45 - 11:00 am	Have a banana and a drink	OK
Academic Time 2	11:00 - 11:45 am	Spend 45 minutes doing some English work	NO
Creative Time	11:45 - 12:30 pm	Bake some scones	OK
Lunch Time	12:30 - 13:00 pm	Have a drink and a cheese sandwich - other fillings are available	OK
Quiet Time	13:00 - 13:45 pm	Spend 45 minutes reading a book or practising some spellings	NO
Academic Time 3	13:45 - 14:30 pm	Spend 45 minutes doing some Science or Humanities work	NO
Snack and treat time	14:30 - 14:45 pm	Have a scone with some butter and jam	OK
Academic Time 4	14:45 - 15:30 pm	Spend 45 minutes doing some work for another subject	NO
Relaxation time	15:30 - 17:00 pm	Watch a movie and eat the rest of your scones	OK

For further information and to find out about work set by our teachers, please visit the TDMS Home Working page <https://www.tdms.worcs.sch.uk/homeworking>