



AfC rtual School
'Together we can achieve!'

IDEAS FOR HOME LEARNING: EARLY YEARS AND PRIMARY

This guide has been produced by the Achieving for Children (AfC) Virtual School to support you with your child's education when they are not physically able to attend school. We will also be updating our guide to learning resources on our websites every week to offer suggestions that are both educational and entertaining enough to keep them occupied. For foster carers, the website is www.afcvirtualschool.org.uk and for adoptive parents and special guardians, our address is www.afcvirtualschoolpreviouslylookedafterchildren.org.uk

AfC Virtual School will continue to offer the following: one-to-one tuition, SAM online learning activities, ongoing virtual advice and support, educational psychology support, English as an additional language support and virtual Personal Education Plans (PEPs). Our contact details are at the bottom of this page.

We realise that most parents and carers aren't teachers and there is no expectation that you should be replicating the school timetable by doing 'schoolwork' with your child for hours every day.

We hope that this guide will give you some ideas for longer-term projects that children can enjoy working on over a longer period of time at home as well as some things that you can dip in and out of together. You might want to start by setting them off on a project while you look through these resources for ideas that will engage your child the most. It can be exhausting ploughing through endless resources, so curating a few that they really enjoy will probably work better for you both.

When you're planning activities, think about things that you can enjoy doing together, such as cooking, exercise, dance and music, lessons or activities that they can engage in independently, and restful programmes and stories that they can enjoy alone, giving you and them some space.

Although many schools are physically closed, teachers will still be working to support your child's learning. There will be resources on the school website and you should still be able to contact members of staff for advice.

Large organisations, such as the BBC, are also currently developing their programmes of learning to share. All of the resources that we suggest here are free. If you have any particularly successful ones that you would like to share, contact us at: afcvirtualschool@achievingforchildren.org.uk or through the contact forms on our website.

TIPS FOR MANAGING HOME LEARNING

You will know your child best of all and how they respond to routines and timetables, but do take a little time to see how they adjust.

Some children will really benefit from having a structured daily plan. It can be very reassuring for them to have a consistent routine and will help them to feel secure about what they are doing every day. Involve them in making this plan together, helping them to choose the things that they would enjoy the most.

It might be that you spend a few minutes every day planning a visual timetable together, with them drawing pictures of what they're going to be doing. But even if they do enjoy routines, don't try to replicate their full school timetable. A journal for them to record their ideas and favourite activities will help you to remember what has been a success.

HERE'S AN EXAMPLE OF A TIMETABLE THAT YOU CAN BUILD ON

Examples	
7.30 Breakfast and Free time	7.30 Breakfast
8.30 Reading – ongoing book	8.30 Set challenge – make a bridge from carboard or Lego that can hold the weight of fivw books
9.00 Online learning BBC Bitesize – do some maths, English, science	10.00 Test and record your challenge in a scrap book, what worked ? What failed ? Why ?
10.00 Practice hand writing, do some times tables, talk about book you are reading	10.30 Outside play
11.00 Break and snack – work on any projects	11.00 Break and snack
11.30 Garden - trampoline and games	11.30 Research topic ? Find out about... research and record your finds
12.30 Lunch break – food and free time, board games, sending messages to friends	
1.30 Afternoon activity – science learning about circuits using online resource	1.30 Scrapbook your research topic, get pictures and facts and collate them in a book or sheets of paper
2.30 Creative challenge – working on making sock puppet Or Write up journal, scrap book or diary	2.30 Reading time – continue your own book
3.00 Free time to carry on with any hobbies or interests	3.00 Talk about how days been and what you might do tomorrow

If you find that your child becomes more stressed and anxious by planning a routine, allow them the flexibility to choose different activities that are more 'free flow' and remember to build in quiet times, as well as much movement and exercise as is practical.

Try to keep their working area to one or two places in the house rather than spreading it everywhere. This can help to maintain a boundary between work and relaxation.

Many children will find it difficult to be separated from their friends, so think about how to stay in touch, perhaps through skype or even by writing emails or letters, if you have access to some stamps and a post-box.

Find a way to signal the end of the 'school' day, perhaps with a dance or a song.

Sleep is very important so do try to maintain your child's bedtime routine. Our Virtual School educational psychologist has recommended some resources to help you to talk to your child about what is happening.

KEEPING CHILDREN SAFE ONLINE

Supervise children with the screens that they are using, including their phones, tablets, gaming consoles and the internet. Take some time to make sure that the appropriate content filters are active. The [UK Safer Internet Centre](#) offers guidance about setting up parental controls.

The following sites are all suitable for young children to do topic-based research:

Children's encyclopedia - www.q-files.com

Children's Wikipedia - www.wikiforkids.ws

Child-friendly images - www.safeimages.safesearchkids.com

Safe searching for children - www.googlejunior.com



RECOMMENDED RESOURCES FOR HOME LEARNING

The suggestions below are intended to supplement the learning packs that your child will have received from their school. Do explore these resources yourself to see what will be most suitable and engaging for them.

Larger sites, such as <https://www.bbc.co.uk/bitesize/primary> have a wide range of resources linked to the national curriculum and these will be augmented in the coming weeks.

COMPUTING AND MAKING

Computer programming skills, fun and free:

<https://blockly.games>

Learn to programme your own interactive stories, games and animations: <https://scratch.mit.edu>

All kinds of making: www.tinkercad.com

An online digital enterprise award scheme

<https://idea.org.uk>

An architectural design project for children:

www.kidsthinkdesign.org/architecture

LEARN NEW SKILLS

Learn to touch-type

www.typingclub.com/kids-typing

Duolingo: a great way to get into languages

www.duolingo.com

SCIENCE

Brave wilderness: a channel about zoology and adventure

www.youtube.com/user/BreakingTrail/videos

Join in real-life research, including a lovely project involving penguins: www.zooniverse.org/projects

North American site with lots of resources for teachers and home learning: <https://mysteryscience.com>

Physics girl is a YouTube channel that explores the physics of everyday objects:

www.youtube.com/user/physicswoman/videos

GEOGRAPHY

National Geographic Kids Primary

www.natgeokids.com/uk

Activities and quizzes for younger kids.

<http://world-geography-games.com/world>

HISTORY

www.bighistoryproject.com/home

FOOD

Create recipe books and menu planners with your child, inspiring them to illustrate them and write reviews of their meals.

For a more ambitious project, you might be inspired by the gourmet makes playlist on YouTube:

www.youtube.com/playlist?list=PLKtlunYVkv_RwB_yx1SZrZC-ddhxyXanh

LITERACY AND READING

For Key Stage 1 and above, the literacy trust has some useful resources:

<https://literacytrust.org.uk/free-resources>

For early years and Key Stage 1, try:

www.ladybirdeducation.co.uk

Read, read repeat:

www.afcvirtualschoolpreviouslylookedafterchildren.org.uk/attachments/download.asp?file=110&type=pdf

ART AND CRAFTING

The Maison Zizou channel has all sorts of origami and other crafting ideas in short, wordless videos.

www.youtube.com/channel/UCfOJ_V_0NE13e4M2OxrwqkQ

Most large art galleries have online resources: you might enjoy copying a painting in a different medium, such as pen or collage, or curating your own exhibition from the ones you find online.

www.tate.org.uk/art/artists/a-z

LARGER SITES THAT OFFER AN ARRAY OF DIFFERENT RESOURCES

These may take you longer to search, but are very rewarding including BBC Chatterbox and Bitesize

Twinkl is offering its resources free for parents to print out:

www.twinkl.co.uk/resources/covid19-school-closures

The Imagination Tree

<https://theimaginationtree.com>

CREATIVE ART AND CRAFT ACTIVITIES

Hungry Little Minds

<https://hungrylittleminds.campaign.gov.uk>

Supported by the DfE - activities for parents and carers to engage in with children 0 to 5 years old, including electronic links to a variety of other early years online resources.

BookTrust

www.booktrust.org.uk/books-and-reading/have-some-fun/storybooks-and-games

INTERACTIVE STORIES AND GAMES

Five Minute Mums

<https://fiveminutemum.com>

Lots of fun ideas. Provides an outline of how parents and carers could structure their day. She is also planning to provide a video a day on what games to play.

Cbeebies

www.bbc.co.uk/cbeebies

RESOURCES TO SUPPORT YOU HELP YOUR CHILD WITH ANXIETY ABOUT COVID-19 AND ITS IMPLICATIONS

Talking to children about the Corona virus

www.mindheart.co/descargables

Advice for Year 6s about coping with leaving primary school unexpectedly

www.afcvirtualschoolpreviouslylookedafterchildren.org.uk/attachments/download.asp?file=111&type=pdf

BBC Newsround report about Corona virus

www.bbc.co.uk/newsround/51896156

Child friendly explanation of Corona virus

www.afcvirtualschoolpreviouslylookedafterchildren.org.uk/attachments/download.asp?file=112&type=pdf

RESOURCES FOR ADULTS

MIND: managing our mental health around the Corona virus

www.mind.org.hk/wp-content/uploads/2020/02/ResponseCoronavirusENG6.2.2020-.pdf

Advice from the NSPCC about keeping your child safe

<https://learning.nspcc.org.uk/media/1110/home-alone-guide-keeping-child-safe.pdf>

BOOKS

Something Bad Happened: A Kid's Guide to Coping with events in the News

www.amazon.co.uk/Something-Bad-Happened-Coping-Events/dp/1787750744

What To Do When You're Scared & Worried: A Guide for Kids

www.amazon.co.uk/What-When-Youre-Scared-Worried-ebook/dp/B003CV7SPO

CONTACTING AFC VIRTUAL SCHOOL

If you would like to contact us, these are our details.

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You can also contact us via the AfC Virtual School address, which will be checked daily (weekdays only):

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