



# KHS distance learning plan.

Follow this daily plan for a successful day

Time to get up



**8:30** Get up and make your bed and get dressed – start each day with a regular routine

Breakfast



**8:40am**

This is the most important meal of the day; make sure you **wash your hands**



Look after your well-being

Exercise

**9am – 9.30am**

**PE with Joe Wicks**

[https://www.youtube.com/watch?v=6v-a\\_dpwhro](https://www.youtube.com/watch?v=6v-a_dpwhro)

Tune into Joe Wicks on You tube each day use the link above to get some exercise before you start your studies. **Wash your hands**

## Study time

Core subject 1

**9:30am – 10:30am**

Complete the set tasks for one of either English, Mathematics or Science

## Take a break

Check the KHS twitter for school news/ thought for the day



Time to have a snack and check your messages



Remember to **wash your hands**



# KHS distance learning plan.

**Don't forget to maintain social distancing and stay indoors.**

## Study time

Non-core subject

**10:50 – 11:50am**

Complete some task for one of your other subjects there is plenty of choice



**12:50 Lunch**

Time to have some food, once you have done this then have a little down time, spend some time talking to your friends use WhatsApp, Skype or FaceTime but do not visit them

Remember to **wash your hands**

Core subject 3

**2:30 – 3:30pm**

Complete tasks for the final core subject of the day

Core subject 2



**11:50 – 12:50**

Complete one of English, Mathematics or Science this should be a different choice to session 1

Look after your well-being

## Study time

Non-core subject

**1:30 – 2:30 pm**



Complete some tasks for another Non-core subject of your choice



# KHS distance learning plan.

**Well done you have completed all your study for the day**

## Free time

Look after your well-being

**3:30 -4:30pm**

**Time to relax, if you have followed the plan you have worked really hard. Listen to some music, play a video or online game – get some exercise, read a book, be creative**

## Random acts of kindness

Help with some housework

Contact someone by phone who might be isolated

Look after a pet

Be nice to parents and carers

## Dinner

**5:00 pm**

**Have a meal remember to wash your hands**



Learn a new skill – tell us about it

## Reading time

**5:30**

**Keep up with your literacy and read for at least 30 minutes each day – spend some time looking up any words you do not know. If you do not have a new book try one of the apps that provide free books such as:**

<https://www.freebooks-app.com/>

## Time to relax



**Well done you have completed A full day, you can now relax. If you are finding it hard relax try some Mindfulness or Yoga. Remember to repeat this programme each day**



# Information for parents

---

## Locating work for your child / Home working

The majority of subjects have chosen to set work via 'Google Education', or the SIMS Parent App. Some subjects are using Edmodo and maths is using Hegarthymaths. You will find an [e-learning plan](#) on the website that is being constantly updated with class codes and information. In addition, there is a student guide for accessing google classroom, and uploading work for teachers to assess. All students will adapt to this new way of learning at different paces, please encourage your child to persevere and attempt work. A small amount of high quality work is better than many unfinished tasks.

## Completion of work

Students should aim to complete work electronically wherever possible; this work can then be uploaded and sent back to the class teacher every two weeks. There is no necessity to send work after each task is completed. Collect work together and then send. In Hegarthymaths the answers are received by the teacher immediately

Inevitably there will be some glitches with our plans and some students may find the electronic completion of tasks difficult. If difficulties arise students should download and print the documentation or complete tasks on paper and then send a scan or photo of the work to the teacher for marking.

We would welcome students and parents having joint access to the work remote learning platforms. This is likely to help students to remain organized and may aid them in their requests for constructive support.

## Marking and assessment of work

Marking and assessment will continue to take place according to the schools marking and assessment policy. Each subject will provide diagnostic feedback once per half term. Diagnostic feedback will look like this:

WWW – What went well – this tells the student what they are doing correctly

EBI – Even better if.. – this will tell the student what they could have done to get an even better mark

CTG – Close the gap – this is usually a task that a student is asked to do to ensure they move forward with their learning

Work submitted by students will be collated by teachers and when a worthwhile judgement can be given work will be assessed according to the departments marking, assessment and feedback guidelines. In maths the feedback will be ongoing via the comments section of Hegarthymaths.

## Achievement points

Achievement points will be awarded by individual subject teachers to those pupils regularly completing task.

## Any concerns / Contacting school

Contact school reception: 01873 735373 or email [info@khs.schoolsdu.org.uk](mailto:info@khs.schoolsdu.org.uk)