

# Astrea Primary Home Learning



Astrea Academy Trust  
INSPIRING BEYOND MEASURE

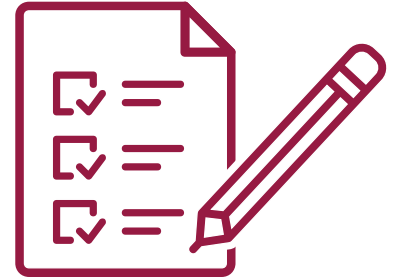
[astreaacademytrust.org](https://astreaacademytrust.org)

## Top Tips for Learning at Home



### Set up a space to focus on tasks

Try to establish a quiet space so that you can concentrate on your learning without any distractions – it is really hard to concentrate if there is lots of noise in the background.



### Create a daily routine so that there is a clear structure

Use a daily planner or timetable so that you can work at one subject at a time. Spend around 40 minutes on each subject before moving on to the next.



### Take regular breaks

After each subject, have a ten-minute break – go and get a drink or have a walk around the house/flat so that you can give your mind a rest.

### Do a minimum of 30 minutes of exercise a day

Exercise keeps our minds and bodies healthy, but it is difficult to do this at the moment. We are allowed to go out once a day for exercise, so take a walk outside with your family and enjoy the fresh air.



### Eat well and regularly

When we are at home all day, we can fall into bad habits; make sure you eat as healthily as possible, including fruit and vegetables, to keep body and mind strong. Eat regularly so that your mind is nourished and ready to learn.

The UK government has released a list of recommended online learning resources, available here: <https://www.gov.uk/government/publications/coronavirus-covid-19-online-education-resources/coronavirus-covid-19-list-of-online-education-resources-for-home-education>

### From Monday 20 April, 14 weeks of BBC Home Learning begins:

**BBC iPlayer** and the **Red Button** service will host Bitesize Daily. These are six different 20-minute shows, each designed to target a specific age group, from ages five to 14, and for pupils throughout the UK.

Experts and teachers will be involved, covering what should be learned that day for the different year groups and key stages. Maths, Science and English will be covered in dedicated programmes, and other subjects such as History, Geography, Music and Art will also be covered.

For older students, **BBC Four** is also joining forces with Red Button for evening programmes to support the GCSE and A Level curriculum.

The following pages offer a selection of websites and resources that Astrea believe will be of benefit to primary aged pupils during these unprecedented times.

# Astrea Primary Home Learning Menu

## Writing

**Recommendation: Pobble 365**  
[www.pobble365.com](http://www.pobble365.com)



### What is it?

- A free daily image, with:
  - ★ A story starter for the children to continue writing from.
  - ★ Questions.
  - ★ A grammar challenge.
  - ★ A wider life question.

### Accessibility

- Access to the internet required, with a PDF option for printing available.
- Tasks can be adapted, either doing all tasks or choosing 1 or 2. This can be adapted further by asking children to simply write words or a sentence to describe what they see.

## Phonics practice

**Recommendation: Teach Your Monster to Read**  
[www.teachyourmonstertoread.com](http://www.teachyourmonstertoread.com)



### What is it?

- ★ Free phonics games.
- ★ Covers everything from letters and sounds to reading full sentences.
- ★ Complements all phonics programmes used in schools.

### Accessibility

- Access to the internet required.
- 3 different age groups and stages available.
- Early Years and Key Stage 1 focus.

## Listening to books

**Recommendation: Audible Stories**  
[www.stories.audible.com](http://www.stories.audible.com)



### What is it?

- ★ Unlimited streaming of hundreds of audio books for children and families to listen to.
- ★ Stories have been hand-picked to offer a mix of education, entertainment and general-interest titles.

### Accessibility

- Access to the internet required.
- Books for all ages, with options to look at books for 'Littlest Listeners' (Early Years) or 'Elementary' (Key Stages 1 and 2).

## Reading books

**Recommendation: Epic!**  
[www.getepic.com](http://www.getepic.com)



### What is it?

- ★ The leading digital library for Primary children. There are thousands of online books to read and listen to.
- ★ Free to parents and carers for the first 30 days and free for teachers to use and assign reading to their class.

### Accessibility

- Access to the internet required.
- Books are organised by age.
- Books are available for varied interests.

## Maths support

**Recommendation: White Rose Maths**  
[www.whiterosemaths.com/homelearning](http://www.whiterosemaths.com/homelearning)



### What is it?

- ★ Five online maths lessons per week.
- ★ Every lesson comes with a short video showing you clearly and simply how to help your child to complete the activity successfully.

### Accessibility

- Access to the internet required.
- Age-appropriate resources, Years 1-8.
- Answers provided.

## Maths challenge

**Recommendation: NRICH**  
[nrich.maths.org/covid19](http://nrich.maths.org/covid19)



### What is it?

- ★ A high quality range of maths activities and challenges.
- ★ Aimed at learners from age 3 to 18.

### Accessibility

- Access to the internet required.
- Grouped age-appropriately: 3-5 / 5-7 / 7-11.
- Challenge level of each activity shown by a star rating.

## Support across the curriculum

**Recommendation: BBC Bitesize**  
[www.bbc.co.uk/bitesize/primary](http://www.bbc.co.uk/bitesize/primary)



### What is it?

- ★ Free resources & daily lessons for all.
- ★ A learning TV channel, podcasts and educational videos.

### Subjects

Science, PSHE & Citizenship, Art & Design, Computing, Design & Technology, English, Maths, Languages, Geography, History, Music, PE and RE

### Accessibility

- Access to the internet required.
- Divided into subjects & Key Stages for all ages.
- PSHE support available.

## Further curriculum support

**Recommendation: Twinkl**  
[www.twinkl.co.uk/home-learning-hub](http://www.twinkl.co.uk/home-learning-hub)



### What is it?

- ★ Resources for all subjects.
- ★ Home learning daily plan and activities available to organise your time.
- ★ Free to parents for the first 30 days.

### Accessibility

- Access to the internet required.
- Additional SEND & Pastoral resources available.

## Physical Education and fitness

**Recommendation: #ThisIsPE**  
[www.afpe.org.uk/physical-education/thisispe-supporting-parents-to-teach-pe-at-home](http://www.afpe.org.uk/physical-education/thisispe-supporting-parents-to-teach-pe-at-home)



### What is it?

- ★ Videos delivered by teachers focussing on the PE curriculum.

### Accessibility







- Access to the internet required.
- Videos played on a Youtube channel.
- Key Stage 1 and 2 focus.

# Astrea Mental Health and Wellbeing Menu

In these challenging times it is important for us all to look after ourselves – and each other. Keeping safe, well and mentally healthy are vital and there will be times when we all need support.

The links below offer support for positive mental health and safeguarding, which is of particular importance when accessing online learning.



<p><b>Support for Mental Health and Wellbeing</b></p> <p><b>Recommendation: NHS</b>  <a href="http://www.nhs.uk/conditions/stress-anxiety-depression">www.nhs.uk/conditions/stress-anxiety-depression</a></p>  <p><b>What is it?</b></p> <ul style="list-style-type: none"> <li>★ Help if you are feeling stressed, anxious or depressed.</li> <li>★ Access to self-help, talking therapies and helplines.</li> <li>★ Support for adults, children, teens and students.</li> </ul> <p><b>Accessibility</b></p> <ul style="list-style-type: none"> <li>• Access mainly online. Some signposting to phone lines.</li> <li>• Age appropriate guidance and information.</li> </ul>	<p><b>Supporting Children and Young People with Mental Health</b></p> <p><b>Recommendation: Young Minds</b>  <a href="http://youngminds.org.uk">youngminds.org.uk</a></p>  <p><b>What is it?</b></p> <ul style="list-style-type: none"> <li>★ Age appropriate information, guidance and support for mental health.</li> <li>★ Specific guidance covering a wide range of issues that children and young people face.</li> <li>★ 24/7 crisis support (text YM to 85258).</li> <li>★ Signposting to appropriate helplines.</li> <li>★ Separate advice for parents/carers.</li> </ul> <p><b>Accessibility</b></p> <ul style="list-style-type: none"> <li>• Access mainly online.</li> <li>• Some signposting to phone lines.</li> <li>• Crisis Text service is free.</li> <li>• Age appropriate guidance and information.</li> </ul>	<p><b>Supporting Mindfulness</b></p> <p><b>Recommendation: Headspace</b>  <a href="http://www.headspace.com/covid-19">www.headspace.com/covid-19</a></p>  <p><b>What is it?</b></p> <ul style="list-style-type: none"> <li>★ Offering free support (articles) and meditation exercises during the Coronavirus crisis.</li> <li>★ Meditation exercises for: relieving stress; walking at home; and feeling overwhelmed.</li> </ul> <p><b>Accessibility</b></p> <ul style="list-style-type: none"> <li>• Access to the internet needed.</li> </ul>
<p><b>Keeping Children Safe</b></p> <p><b>Recommendation: NSPCC</b>  <a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a></p>  <p><b>What is it?</b></p> <ul style="list-style-type: none"> <li>★ Provides advice, news and stories for adults worried about children in relation to: Coronavirus; Mental Health; home living; online safety; drugs and alcohol; abuse; and sexual behaviour.</li> <li>★ Adults can contact phone (0808 800 5000) or email <a href="mailto:help@nspcc.org.uk">help@nspcc.org.uk</a> for helpline counsellor support or to report a concern.</li> </ul> <p><b>Accessibility</b></p> <ul style="list-style-type: none"> <li>• Access to phone (free number) or internet.</li> <li>• Children can contact Childline (0800 1111).</li> </ul>	<p><b>Accessing Support and Advice for Children and their feelings</b></p> <p><b>Recommendation: Childline</b>  <a href="http://www.childline.org.uk">www.childline.org.uk</a></p>  <p><b>What is it?</b></p> <ul style="list-style-type: none"> <li>★ Offers phone (0800 1111), email or online support to children.</li> <li>★ Has articles, videos and games focused on emotions and feelings.</li> </ul> <p><b>Accessibility</b></p> <ul style="list-style-type: none"> <li>• Access to phone (free number) or internet required to access email or online chat.</li> <li>• Adults can contact NSPCC.</li> </ul>	<p><b>Staying Safe Online</b></p> <p><b>Recommendation: CEOP</b>  <a href="http://www.ceop.police.uk/safety-centre">www.ceop.police.uk/safety-centre</a></p>  <p><b>What is it?</b></p> <ul style="list-style-type: none"> <li>★ CEOP is an agency to keep children safe from sexual abuse and grooming online.</li> <li>★ They help and give advice, and you can make a report directly to them if something has happened online which has made you feel unsafe, scared or worried.</li> </ul> <p><b>Accessibility</b></p> <ul style="list-style-type: none"> <li>• The CEOP Thinkuknow website has age differentiated information and advice to help you if something has happened to you online.</li> </ul>