

YOUR **B B C** BITESIZE HOME EDUCATION PACK

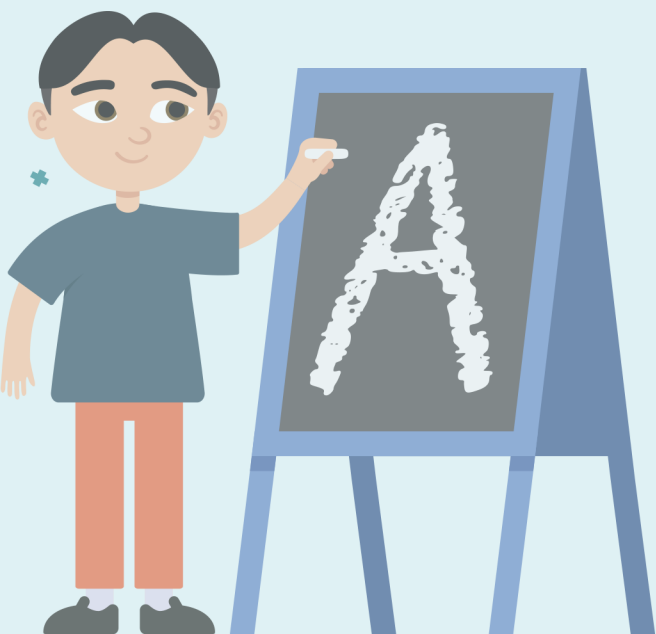


Welcome to your home education essentials!

This free home education resource pack for children aged 5-11 has been developed by BBC Bitesize with insights from education professionals. It offers support for parents and carers who are educating their children at home.

In this pack you'll find practical tools like notes pages, weekly planners, calendars and much more, that you can either use on a laptop or print out to share with your child.

We believe in continuous improvement, and we know that every home educator's needs are unique. So, if you have suggestions, adjustments, or ideas to make our resources even better, we'd love to hear from you. Feel free to contact us at bitesize@bbc.co.uk.



As you move through the pack, you will see some QR codes. Give them a scan to take you to some amazing resources.



HOME EDUCATION HACKS

TOP TIPS FOR HOME EDUCATORS

Create a workspace

Find a space in your home that is dedicated to learning. This space can be where you and your child can keep all of their learning materials, workbooks and, more importantly, where you leave them at the end of an educational day.

Get talking

Ask your child what else they need. Keep talking and adapting, listen to what they have to say about their lessons, good or bad.

Establish a routine

Routines can help make home learning easier for both educator and child. For children who may have been in mainstream schooling, it might help to keep a 'school like' routine. This could include lunch times and breaks. You could even get a bell to ring at the end of the day!

Use visual timetables

Timetables and planners can help with your daily and weekly routine. Some children can struggle with spoken instructions, so having a bright, colourful planner is really important. You could also help them to personalise it.

Prioritise

It can be a challenge to try and finish everything you'd like your child to do in a day. Decide together what their key tasks will be for the morning and afternoon and focus on them.

For more advice on how to home educate, scan here



WEEKLY PLANNER

WEEK COMMENCING: _____

MY GOALS FOR THE WEEK:

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



NOTES

This image shows a blank sheet of white paper with horizontal ruling lines. There are 20 evenly spaced, thin black horizontal lines across the page. On the far left edge, there is a large, semi-transparent yellow circle. Similarly, on the far right edge, there is another large, semi-transparent yellow circle. The circles are positioned such that they appear to be behind the ruled lines. The overall design is clean and minimalist, typical of a notebook or a template for writing.

We have many top tips, guidance and support to help you with your home education journey. Get started by exploring our home education resources.



Talking about WELLBEING

It's so important to look after yourself.

As a parent or carer, you may be thinking about your child's wellbeing while overlooking your own. Remember, it's so important to look after yourself, then you will be best able to offer a helping hand to the children and teenagers in your life.

Set realistic expectations

Understand that home educating won't always go according to plan.

Children learn about the world in all kinds of different ways, so allow flexibility in how you tackle obstacles together.

Try making small but achievable weekly goals in your diary, and tick them off as you complete them.



Allocate time for self-care

Taking time for yourself is really important for your wellbeing.

Whether it's reading, meditating, exercising, or spending time with friends, make time in the day for yourself.



Tiny Happy People offer lots of resources for young children. Check out their mental health section for tips and advice.



Wellbeing tips for parents with advice on sleep, bullying, mindfulness, as well as ways to look after you and your child's mental health.

Talking about WELLBEING

Set work-life boundaries

It can be hard to separate education time from personal time. Set boundaries so you can unwind and enjoy your own time. Why not watch a film with your family and friends or unwind listening to your favourite podcast.



Celebrate milestones

Whether it's a completed project or a new skill learned, celebrate the victories, to stay motivated and maintain a sense of accomplishment.

Why not encourage your child to make use of the progress tracker or the rewards chart so they can see how far they have come.

Connect with other parents

By talking to other parents, you'll realise that you're not the only one who may need support. Online groups can be a great place to find lesson ideas, free resources and other like-minded individuals to trade thoughts with. This can help you feel more assured, and part of a community.



Scan for activities and advice about parenting and special educational needs and disabilities.



Scan here for six self-care top tips for parents.

50 lesson ideas for children ages 5-11

No time to plan a lesson? We've got you! Here's 50 of our top Bitesize lessons. Over these two pages, there are clickable links that will direct you to the best resources. You can also scan the QR code for even more lesson ideas on our website.

History

1. *Who were the Anglo Saxons?*
[Anglo Saxons](#)
2. *Who were the Vikings?*
[Vikings](#)
3. *How the romans conquered Britain*
[Roman Britain](#)
4. *Who was Henry VIII?*
[Henry VIII](#)
5. *What did women do on the frontline?*
[WW1](#)
6. *What were games like in Ancient Egypt?*
[Ancient Egypt](#)
7. *Who were the ancient Greeks?*
[Ancient Greece](#)
8. *The arrival of the Windrush*
[Windrush](#)
9. *Interesting facts and games*
[Volcanoes and earthquakes](#)

Maths

10. *Find the mean, median, mode and range*
[Averages](#)
11. *How to add and subtract fractions*
[Add and subtraction](#)
12. *Times tables and quizzes*
[Two times tables](#)

13. *What are multiples and factors*
[Multiplies and factors](#)
14. *Telling the time to 5 minutes*
[Time](#)
15. *Videos, quizzes and activities*
[Lines and angles](#)
16. *Videos, quizzes and activities*
[Rounding and estimating](#)
17. *Compare numbers up to 10,000*
[Place value](#)
18. *Recognise 2D and 3D shapes*
[3D shapes](#)
19. *What are they and how to calculate*
[Percentages](#)

Special events

20. *Scary stories, and other activities*
[Halloween](#)
21. *What is Remembrance Day?*
[Remembrance Day](#)
22. *Mental health resources*
[Mental Health Day](#)
23. *Why do we celebrate BHM?*
[Black History Month](#)
24. *Games and quizzes*
[World Poetry Day](#)

English

25. *What is an expanded noun phrase?*
[Expanded noun phrases](#)
26. *What is a fronted adverbial?*
[Fronted adverbial](#)
27. *What is an adverb?*



Adverbs28. *What is a preposition?*Preposition29. *What are subordinating conjunctions?*Subordinating conjunctions30. *What are relative clauses*Relative clauses31. *What is a pronoun?*Pronouns32. *Materials to help spark that creativity*Creative writing33. *Using brackets, dashes and commas*Punctuation**Religious Education***Learn and revise six religions*34. Hinduism35. Islam36. Judaism37. Sikhism38. Christianity39. Humanism40. Buddhism

B B C BITESIZE

Other41. *What are human and physical features?*Geography: human and physical features42. *Build and test primary computing skills*IT - Touch Typing43. *Conductors and insulators*Electricity44. *What is pitch?*Sound45. *A lesson and quiz about birds*Animals and humans46. *Magnets and how they work*Forces47. *Fossil fuels and renewable energy*Sustainability48. *Videos, quizzes and activities*The Seven Continents49. *What is the solar system?*Space50. *Health and safety in the community*Citizenship

For topical primary content,
scan the QR code above.



For content aimed at children
aged 11-16, scan here.

TOPIC CHECKLIST

Use this sheet to track the topics you are working on this week. Tick them off when you've completed them.

	☐
	☐
	☐
	☐
	☐
	☐
	☐

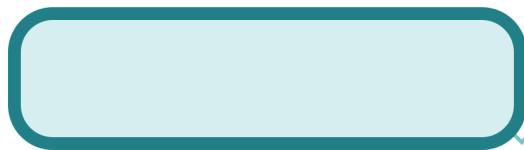
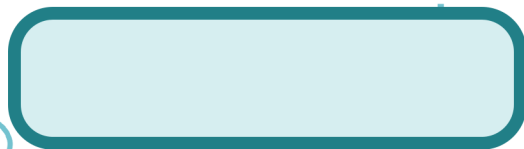
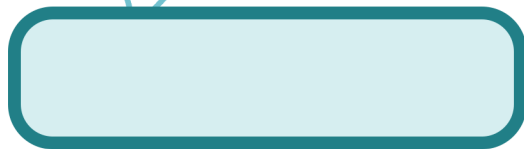
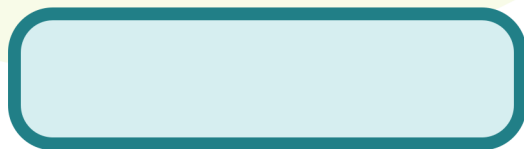
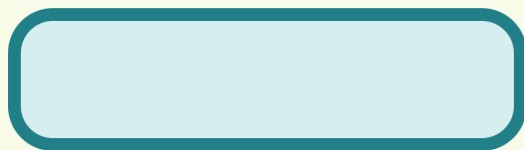
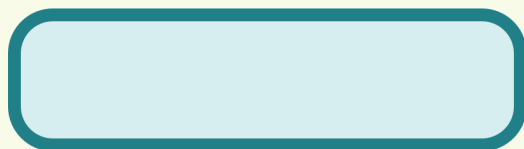
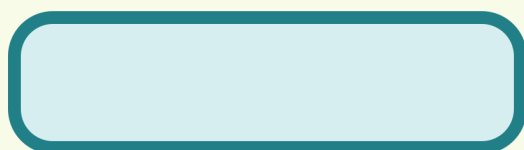


Check out our range
of subjects and topics
for children aged
5-11 and 11-16.



PROGRESS TRACKER

Use this sheet to track your progress with your daily or weekly tasks. Shade in the bar to show how much of your task you have completed.

Task**Progress**

'S

Write out the activities you need to complete. When you do an activity, add a star in the column of the day you did it. How many stars can you collect?

[illegible]

YOUR **B B C** BITESIZE HOME EDUCATION PACK

Here's to kick-starting your home education journey!

Congratulations on taking this exciting step towards becoming a home educator. We hope this resource pack provides you with useful activities, valuable tools and creative ideas to support you and your child on this home education journey

Whatever your chosen approach to home education, as you progress and adapt learning strategies to suit you, know that BBC Bitesize is here in support and don't forget to celebrate your small wins along the way.

The future is brighter because of home educators like you!

If you have any feedback or ideas for improving this pack, we'd love to hear from you! Your input helps us create better resources for future home educators. Feel free to reach out to us at bitesize@bbc.co.uk.

For monthly home education news and stories, plus updates on the latest Bitesize content, register for our newsletter today.

