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## NSW Department of Education Recommended hours of learning per day

Below is a table of recommended hours of learning for each child, each day based on their class level.  
This is a combination of written work, online learning and hands-on tasks.

Stage/Year Level	Hours per day	What this looks like:
Early Stage 1 Kindergarten	3 hrs	<ul style="list-style-type: none"> <li>2 hours English/Maths (including literacy and numeracy activities, reading, writing, number games)</li> <li>1.5 hours of activities across KLAS (Creative Arts, HSIE (History &amp; Geography), Personal Development, Health &amp; PE and Science/Technology).</li> <li>Additional time for regular sport, physical activities, games spread across the day.</li> </ul>
Stage 1 Year 1 & Year 2	3 hrs	<ul style="list-style-type: none"> <li>2 hours English/Maths (including literacy and numeracy activities, reading, writing, number games)</li> <li>1.5 hours of activities across KLAS (Creative Arts, HSIE (History &amp; Geography), Personal Development, Health &amp; PE and Science/Technology).</li> <li>Additional time for regular sport, physical activities, games spread across the day.</li> </ul>
Stage 2 Year 3 & Year 4	3.5 hrs	<ul style="list-style-type: none"> <li>2 hours English/Maths (including literacy and numeracy activities, reading, writing, number games)</li> <li>1.5 hours of activities across KLAS (Creative Arts, HSIE (History &amp; Geography), Personal Development, Health &amp; PE and Science/Technology).</li> <li>Additional time for regular sport, physical activities, games spread across the day.</li> </ul>
Stage 3 Year 5 & Year 6	4 hrs	<ul style="list-style-type: none"> <li>2.5 hours English/Maths (including literacy and numeracy activities, reading, writing, number games)</li> <li>1.5 hours of activities across KLAS (Creative Arts, HSIE (History &amp; Geography), Personal Development, Health &amp; PE and Science/Technology).</li> <li>Additional time for regular sport, physical activities, games spread across the day.</li> </ul>

The above times are a guide shared on the NSW Department of Education, Learning from Home hub. These times can be flexible, e.g. 1.5 hrs in the morning, another hour after morning tea and then more in the afternoon, or at any times that are suitable to your specific circumstances.

It is important that children also get to experience time for themselves, to play with their toys, ride their bike or play outside. They also need time with their parents, and you also need time for you.