














Suggested Daily Timetable

Before 9am	Wake up		<p>Eat breakfast Get dressed Brush your teeth Make your bed Tidy your room</p>
9 – 9.30am	*Exercise Time		<p>Exercise</p> <p>Possible ideas: Joe Wicks (You Tube) Go Noodle (sign up to their website for free) Adam Garcia (Instagram) Oti Mabuse (Facebook) Kids Yoga (You Tube)</p> <p>Alternatively, go for a walk/jog or play in the garden.</p>
9.30 – 10.30am	Academic Time		<p><u>No Electronics</u></p> <p>School work packs. Focus on English activities e.g. hand writing, reading comprehension, writing activities.</p> <p>Don't forget some year groups have suggested activity grids that can be used.</p>
10.30 – 10.45 am	Snack Time		<p>Eat a healthy snack – fruit or raw veg</p>
10.45 – 12pm	Creative Time		<p>Lego, drawing, colouring, craft activities, music, cooking together</p>
12 – 1pm	Lunch/Relax		<p><u>Controlled Electronics</u></p> <p>Ipads/tablets, computers, games consoles. Please remember online safety and supervise your children.</p> <p>Try and get some fresh air too</p>

1 – 1.30pm	*Exercise Time		<p>Exercise</p> <p>Possible ideas: Joe Wicks (You Tube) Go Noodle (sign up to their website for free) Adam Garcia (Instagram) Oti Mabuse (Facebook) Kids Yoga (You Tube)</p> <p>Alternatively, go for a walk/jog or play in the garden.</p>
1.30 – 2.15pm	Academic Time		<p><u>No Electronics</u></p> <p>School work packs. Focus on Maths activities.</p> <p>Don't forget some year groups have suggested activity grids that can be used.</p>
2.15 – 2.30pm	Reading Time		<p>Read a book from school.</p> <p>Try and complete an activity from our Easter Reading Challenge.</p>
2.30 – 3pm	Quiet Time		<p>Watch a TV programme, play a board game, read a book</p> <p>TV programme ideas: CBBC, Newsround, Horrible Histories.</p>
3 – 4pm	*Fresh air		<p>Play in the garden, on the trampoline or go for a walk.</p>
4 – 5pm	Electronics Time		<p><u>Supervised Electronics</u></p> <p>Supervised educational games/apps</p> <p>Ideas: TT Rockstars, Topmarks.co.uk, barefoot.org.uk, BBC Bitesize, ictgames.com.</p>

5pm	Tea Time		Have tea and chill!
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*Exercise Time – Consider the Government’s latest guidelines with regards to exercise. You are allowed to exercise once a day beyond your homes. If you decide to go for a walk/run, please only go with members of your family living in the same household.