









## Daily Timetable



Are you struggling with daily routines at home?

If so, we have devised a suitable timetable that you may use to help you and your child with their home learning in this current crisis. We have included some suggested activities and timings to help you and your child keep some routine while you are at home.

Before 9am	Wake up		Have Breakfast, Get dressed Brush your teeth and wash your face Make your bed
9am—10am	Exercise Time		Joe Wicks PE lesson Morning walk Online yoga (Cosmic Kids Yoga)
10am -11am	Home Learning Time		<b>NO ELECTRONICS</b> School Project Pack Reading
11am-12pm	Creative Time		Lego, drawing, colouring, crafting, music, cooking or baking together, family board games, enjoy a new or old hobby
12pm-1pm	Lunch/Relax		Controlled Electronics iPad/tablets, computers and games consoles. <b>Please remember the importance of online safety and supervise your child.</b>
1pm-1.30pm	Exercise Time		Online yoga (Cosmic Kids Yoga) Just Dance, YouTube kids workouts
1.30-2.30pm	Home Learning Time		<b>SUPERVISED ELECTRONICS</b> Supervised educational games/apps: <a href="#">TTRockstars</a> , <a href="#">Lexia</a> , <a href="#">Purplemash</a> , Etc...
2.30-3pm	Quiet Time		Time to wind down and enjoy some reading for pleasure, watch a TV show you enjoy or play a board game etc This is a time to be calm