

Suggested Daily Timetable

Please use this timetable as a guide to help you with your daily routine if you need some guidance as to how to plan your day.

Time	Activity	Ideas
Before 9am	Wake up	Eat Breakfast, make own breakfast, make your own bed, brush your teeth for two minutes, help with laundry/folding clothes.
9.00am	PE with Joe Wicks	Indoor PE lesson with The Body Coach https://www.youtube.com/ - search PE with Joe
9.30-10.00am	Morning Walk	Family walk . If it's raining, try some yoga. https://www.cosmickids.com/ Click watch, then view videos by, and choose between; stories, mindfulness, yoga, relaxation and dance.
10.00-10.05am	Wake and Shake	Get ready for some learning by waking your body up! https://www.gonoodle.com/ it is free to sign up and you can also access via You Tube.
10.05-11am	Home Learning	Check the website for home learning updates and printouts. There should be access to other learning websites such as busy things and phonics play too.
11.00-12.00pm	Creative Time	Drawing, painting, chalks (indoor and out) crafts (Pinterest is great for craft ideas) baking, cooking, sewing, making mud pies.
12.00	Lunch	
12.30pm	Chores	Create a list of household jobs, roll a dice and whatever number it lands on, do that job first.
1.00-2.00pm	Quiet Time	Reading, puzzles, jigsaws etc.
2.00-3.00pm	Home Learning	Check the website for home learning updates and printouts. There should be access to other learning websites such as busy things and phonics play too.
3.00-4.00pm	Outdoor/ Fresh Air	Play in the garden, go for a mini-beast hunt, tally chart items you find (flowers, birds, cars, vans, etc.) Make mud pies, plant some flowers or vegetables. Grow cress and monitor it at the same time each day. Make a fairy or hedgehog door/ garden.
4.30-5.00pm	Free Time	
5.00- 6.00pm	Dinner Time	
6.00-8.00pm	Free Time/ TV	Bath/shower, brush teeth, watch your favourite TV shows, play on the iPad/tablet. Play family games such as charades and/or board games.