

**Suggested Daily Timetable**

Children respond really well to a structured day. The following is a suggested timetable which may make the day a little smoother. The activities should be relatively low input from adults as it is important that the children are developing their independence, and that you have time to do the things you need to do daily.

**Time of Day Activity**

By 9:00 am = Breakfast, dressed, teeth brushed, hair

9:00 – 10:00 am = Physical activity: tidying, yoga, Just Dance, outside time (running, skipping, jumping, climbing, playing with balls, bats etc). Try Joe Wicks 9.00 am on YouTube – ½ hour PE lesson.

10:00 – 10.30 am = Times Table Rockstar

10.30-11.00 am = Break/snack time

11:00 -12.00 = Home learning pack and see our website for further Home Learning Links.

For Year 2/3 upwards: There is also a great daily writing lesson on LitFilmFest on YouTube. They provide an activity a day, guide the children through the task and provide examples that other children have up loaded.

12.00-1.00 pm = Lunch time

1:00 – 1:30pm = Construction time (NO SCREEN TIME): craft, Lego, Knex, Gravitrax, projects – make something. See 30 day Lego challenge.

1:30 – 2:00 pm = Learning time, online learning, educational games writing, reading, spelling, maths, BBC

2:00 – 2:30 pm = Free time/snack

2:30 – 3:15 pm = Family time: board games, cooking/baking, art/craft