

Daily Timetable

Before 9am	Wake Up	Carry out your morning routine, clean your teeth, eat breakfast etc
9-10am	Morning Exercise & Snack	https://www.youtube.com/watch?v=K6r99N3kXME Exercise with Joe may be helpful, it is live every day at 9am. Yoga may also be of interest to you? You could also go for a walk with a real or imaginary dog, ride your scooter or bike.
10-11am	Academic Time	Daily Phonics Practise followed by Maths, Learning Journey or RE work
11-12 am	Creative Time	Draw with Rob may be useful for you to have a go at as a family. https://www.youtube.com/watch?v=bhyCxVPb1qU You could also draw, colour, try origami, play with lego, construction kits, role play, cook, or messy play.
12:12:30pm	Lunch	Bon Appetite!
12:30pm-1pm	Chore Time	Why not help tidy your room, Hoover, do the recycling, clean the windows, sweep the floor, sort the washing and more!
1-2pm	Quiet/Reading Time	Read a book, play with puzzles, listen to stories or music. Oxford Reading Owl website may be helpful: https://www.oxfordowl.co.uk/for-home/find-a-book/library-page/
2-3pm	Academic Time	Complete a Maths, Learning Journey or RE task.
3-4pm	Afternoon Exercise & Snack	Get out in the garden if you can, play football or catch. Play hide and seek, hide objects or yourselves. Have a disco, learn some dance moves, learn action rhymes or make your own obstacle course. Complete challenges like how many star jumps can you do in one minute?
4-5pm	Project Time/Free Time	Finish or extend any of your Home Learning or work on your own project eg. If your child loves 'Ants' you could: draw an ant, do research about ants, make a fact file about Ants, write a Story about a Super Ant, design clothes for an Ant, go with your child's ideas. They may want to do a project about Princesses, Motorbikes or the Egyptians! Younger children will likely need some free time.
5-6pm	Dinner Time	Can your children help you in any way? Set the table, peel the carrots, count the potatoes needed.

Snacks...we all know how tempting it is to reach for the snacks when we are at home!



Perhaps organise a snack box in the morning and ensure that these are the only snacks they eat that day. Or charge for snacks. Give younger children 30p and say they can buy 3 snacks a day 10p each item; or older children might enjoy having a mini snack shop with varying prices, they could then have say £1 to spend! Encourage your child to eat healthily by charging less for the fruit and veg!

