Below is a suggested daily timetable if you feel your child would benefit from a more structured routine. As stated in our previous letter, we are aware that learning at home will obviously look very different to a normal school day. We are not expecting children to be sat down working for the whole of school hours. If you have already found routine that works for your family, please feel no pressure to follow ours it is only to be used as a guideline if you feel it would benefit your child.

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| **Before 9am** | *Wake up* | Eat breakfast, make your bed, get dressed, brush teeth and wash your face. |
| **09.00-10.00** | *Morning exercise (inside or outside)* | Join Joe Wicks for his daily PE sessions-  <https://www.youtube.com/user/thebodycoach1>  Walk your dog, run a lap of the garden, get up and get those legs moving. |
| **10.00-11.00** | *Academic time* | Work through some of your home learning tasks. |
| **11.00-12.00** | *Reading hour* | Tune in to David Walliams who is reading a different book every day from 11-  <https://www.worldofdavidwalliams.com/elevenses/>  Enjoy some quiet reading or trying to complete one of the World Book Day Reading Challenges. |
| **12.00-13.00** | *Lunch* | Help prepare lunch you could try out a new recipe with Jamie Oliver and his children <https://www.youtube.com/channel/UCpSgg_ECBj25s9moCDfSTsA>.  Enjoy your lunchbreak make sure you have time to choose an activity which you enjoy 😊 |
| **13.00-13.30** | *Creative time* | Complete some mindfulness colouring, paint a picture, create a Lego model, play music or take part in a Comic Yoga session-  <https://www.youtube.com/user/CosmicKidsYoga> |
| **13.30-14.00** | *Academic time* | Work on your home learning tasks. If you run out of material from teachers then; practice handwriting, Times Tables Rockstar’s, practice spellings or use your creative imaginations to write a story. |
| **14.00-14.30** | *Quiet time* | Reading, puzzles, colouring, rest (no electronics). |
| **14.30-15.00** | *Academic time* | Work on your home learning tasks. If you run out of material from teachers then; practice handwriting, Times Tables Rockstar’s, practice spellings or use your creative imaginations to write a story. |
| **15.00-15.30** | *Get active* | Get up and get moving! Go into the garden create and take part in an obstacle course, have a run around or follow one of the links to get moving indoors.  We often have a go at the times tables Super Movers in class-  <https://www.bbc.co.uk/teach/supermovers/ks2-maths-collection/z7frpg8>  Chose a clip and get dancing-  <https://www.youtube.com/channel/UC2YBT7HYqCbbvzu3kKZ3wnw> |