









A suggested timetable for learning at home



Before 9am	Wake Up		Breakfast Free play Get dressed / brush teeth Make bed
9am – 10am	Exercise Time		Yoga Dancing Wake & Shake Joe Wicks - Body Coach
10am – 11am	Academic Time		<u>No Electronics</u> School Work Packs Reading a book
11am – 12pm	Creative Time		Lego Drawing / Colouring Craft Activities Music Cooking / Baking
12pm – 1pm	Lunch		Have lunch Relax Free Play
1pm – 1:30pm	Exercise Outdoors		Go for a walk Play in the garden - sand, water, trampoline etc.
1:30pm – 2:30pm	Academic Time		School Work Packs Online Learning
2:30 – 3:00pm	Quiet Time		Read a book Play a board game Listen to music