

<b>Suggested home learning timetable for EYFS</b>		
Before 9am	Get up	Get up, dressed (no PJs), make bed, eat a healthy breakfast
9:00 – 10:00	Exercise	Family walk, yoga (cosmickids.com), football in the garden...
10:00-11:30	Teacher suggested activities	Please see list of suggested focussed play- based activities sent home by the EYFS team
11:30 – 12:30	Creative/play time	Draw/bake/play with your toys/ speak to elderly family on the phone/ invent something out of recycling
12:30 -1:00	Lunch	
1:00 – 2:00	Quiet time	Listen to your teacher read you a story online, read with your adult, practise your phonics sounds or reading of common exception words, take a nap (if allowed). Listen to Mrs Harrison's collective worship story and prayer.
2:00 – 3:30	Teacher suggested activities	Please see list of suggested focussed play-based activities sent home by the EYFS team
3:30 – 4:00	Fresh air	Please check with an adult their expectations
After 4:00	Chores/ Dinner/ Screen time (where allowed)/Bedtime routine	As per your family routines.