

## Home Learning Schedule

Before 8am	Wake up routine	Get dressed Make your bed and tidy your bedroom
8am - 9am	Breakfast Wash your face and brush your teeth Morning walk/ calm activity	Yoga, family walk, stretches
9am - 10am	Academic time	English task
10am – 11am	Chore time	A – wipe all tables, chairs and surfaces B- Wipe all door handles, light switches and desktops C- Wipe bathroom toilets and sink
11am – 12pm	Academic time	Maths task
12pm – 1pm	Lunch and play	Eat lots of fruit and vegetables to help keep you healthy
1pm – 2pm	Academic time	'Other' task – history, science, geography, PSHE or RE.
2pm – 2.30pm	Creative time	Lego, drawing, crafting, play music, cook, bake etc.
2.30pm – 3.15pm	Quiet time	Reading, puzzles etc.