Daily Timetable

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| Time | Activity | Symbol | Useful Information |
| 9:00-9:30am | Morning Routine | right click and select copy | * Talk over the daily plan, if you are able to print this your child could sort into order or write/type out. * Talk about the day, date and month. * Look at the weather, what clothes should we wear? * Talk about feelings. * Use www.bbc.co.uk>newsround This is a website most pupils use at school. |
| 9:30-10:00am | Exercise Time | right click and select copy | * Joe Wicks is running daily PE sessions on youtube-Search youtube- PE with Joe Wicks. * Jumpstart Jonny offer great warm ups, fitness sessions, cool downs and meditation. Search- [www.jumpstartjonny.co.uk](http://www.jumpstartjonny.co.uk) –See Microsoft Teams on Glow for log in details. * GoNoodle offers dance and mindfulness activities. Search- www.gonoodel.com |
| 10:00-10:30am | Making Snack | right click and select copyright click and select copy | * Snack suggestions: making toast, pancakes, cereal etc. |
| 10:30-11:00am | Snack & Free Time | right click and select copy |  |
| 11:00-11:30am | Learning Activity | right click and select copyright click and select copy | Some good websites for learning activities are:   * [www.topmarks.co.uk-](http://www.topmarks.co.uk-) Then click on learning games in the top tool bar. You can access literacy & numeracy learning activities. * [www.intofilm.org](http://www.intofilm.org) are offering free film resources. * [www.bbc.co.uk/bitesize/primary](http://www.bbc.co.uk/bitesize/primary) This is a good resource for a whole host of learning activities. |
| 11:30-12:00pm | Learning Activity | right click and select copyright click and select copy | Additional learning activities include:   * Treasure hunt for shapes, numbers, words in the house. * Watching films and changing the ending. * Identifying, sorting or sequencing numbers. * Reading and creating new characters, describing current characters or sequencing the main events. |
| 12:00-1:00pm | Lunch & Free Time | right click and select copy | * Encourage your child to help make lunch |
| 1:00-1:30pm | Exercise Time | right click and select copy | Some good websites for relaxation, meditation and yoga are:   * [www.tacpac.co.uk-Login](http://www.tacpac.co.uk-Login) details are on Microsoft Teams. * [www.youtube.co.uk](http://www.youtube.co.uk) offer free mindfulness and yoga for young people. Once in youtube search-mindfulness for children, yoga for children. |
| 1:30-2:30pm | Topic Time | right click and select copy | Our topics for pupils this term were: Famous Scottish People and Our Community.  Topics is an area where you could cover anything. From learning about countries, food, music, or any special interests your child has.  [www.topmarks.co.uk](http://www.topmarks.co.uk) has some good topic resources. |
| 2:30-3:00pm | Life Skills Time | right click and select copy | Life skills is an important skill to develop. Some ideas are:   * Making the bed * Dressing * Hoovering * Polishing * Loading & unloading the washing machine * Loading & unloading the dishwasher * Washing & drying the dishes |
| 3:00-3:30pm | Creative Time | right click and select copy | Creative time ideas include:   * Lego * Painting * Colouring in * Building structures * Making slime * Science experiments |
| 3:30pm | work finished for today | right click and select copy |  |