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.
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| 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
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| 10:00-10:30am | Making Snack | right click and select copyright click and select copy | * Snack suggestions: making toast, pancakes, cereal etc.
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| 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.
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| 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.
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| 12:00-1:00pm | Lunch & Free Time | right click and select copy | * Encourage your child to help make lunch
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| 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.
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| 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
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| 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
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| 3:30pm | work finished for today | right click and select copy |  |