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| Before 9.00am | Wake Up! | Get up, have breakfast, brush teeth and get dressed. Make your bed. |
| 9.00 – 10.00 | Exercise | Follow the Joe Wicks PE lesson or use Just Dance. If you have a garden run around outside or go for a walk.  You could keep an exercise record. |
| 10.00 -11.00 | Learning Time | Complete some of the weekly tasks set by your teacher, Do these as neatly as possible. |
| 11.00 – 12.00 | Creative Time | Use Lego, draw, bake, paint or do something creative.  You could try Draw with Rob.  http://www.robbiddulph.com/draw-with-rob |
| 12.00 – 1.00 | Lunch | Eat something healthy.  Remember to do some free play. |
| 1.00 -1.30 | Reading | Read your books or magazines.  If you have a Readingwise or Teach Your Monster to Read account you could use this.  You could also listen to an audio book or [www.storylineonline.net](http://www.storylineonline.net). |
| 1.30 -2.00 | Learning Time | Continue to work on some of the tasks set by your teacher, |
| 2.00 – 3.00 | Fresh Air | Go for a walk or play in the garden. |