



Suggested Daily Routine- Primary P3

Before 9am	Wakey wakey	Eat breakfast, make your bed, tidy your room, get dressed and brush your teeth.
9-9.30am	Physical Activity	This is your time to get active! You might choose to get involved with Joe Wicks or perhaps some yoga takes your fancy. Maybe you might choose to put on some music and have a dance!
9.30-10.30am	Literacy Activity (Spelling, writing or reading)	A weekly grid will be issued with daily tasks on Mondays via Seesaw. Further instructions on specific tasks will be sent out on the appropriate day.
10.30-11.00am	Snack	Have/prepare a healthy snack and take some time to chill out.
11.00am – 12.00pm	Maths/Numeracy	A weekly grid will be issued with daily tasks on Mondays via Seesaw. Further instructions on specific tasks will be sent out on the appropriate day.
12.00 – 1.00pm	Lunch	Help to prepare lunch, sit back and relax.
1.00– 2.00pm	Learning across the curriculum/ Family/Themed learning	See Seesaw and weekly learning grid for further instructions on your task.
2pm – 3pm	Independent Time	Read/explore a book, complete a puzzle or jigsaw, do some mindful colouring or play a board game.
At some point in the afternoon	Physical Activity	Go out for a walk, play in the garden or do some indoor physical activity e.g. Just Dance or Cosmic Kids Yoga.

Miss Heenan will be available at certain points throughout the day to give feedback/ support but if she is in school teaching a class face to face that week then Mrs Burgon, Mrs McRae or Miss Aikmen will be available instead.

This timetable is generally how we will structure our time on Seesaw with the exception of Fridays when various different Friday challenges/ Family learning will be issued.