



## Suggested Daily Routine- Primary P3 and P3/4

Before 9am	Wakey wakey	Eat breakfast, make your bed, tidy your room, get dressed and your brush teeth.
9-9.30am	Physical Activity	Get involved with Joe Wicks, perhaps some yoga takes your fancy or maybe even having a dance put some music on and have some fun!
9.30-10.30am	Literacy Activity (Spelling, writing or reading)	See Seesaw for further instructions on your task. A weekly grid will be issued with daily tasks, resources 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	See Seesaw for further instructions on your task. A weekly grid will be issued with daily tasks, resources will be sent out on the appropriate day. (access through Glow or app)
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, mindfulness colouring, play a board game and relax.
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 and Cosmic Kids Yoga.

Please note that teachers will be available at certain points throughout the day to give feedback/ support children. If your teacher is in school teaching a class face to face then they will be available at 3.30 to 3.45 to view your activities on Seesaw. If you have any major issues at this time you can contact the office for support or Miss Heenan will be available to help you with any problems.

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.