Suggested daily schedule

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| Time | Activity | Details |
| Before 9 am | Wake Up | Eat breakfast, make your bed, tidy your room, brush your teeth and get dressed ready for the day. |
| 9.00- 9.45 | Daily exercise | Daily physical exercise  Go for a walk or join Joe Wicks for his daily PE lesson  <https://www.youtube.com/watch?v=sX05HHni9Wk> |
| 9.45-10.45 | Academic time | Complete work from your learning packs/Glow/Blog |
| 10.45-11.00 | Break | Break time |
| 11.00 – 12.30 | Academic/ Creative time | Complete work from your learning packs/Glow/Blog  Make something creative  Lego, baking, junk modelling, drawing etc they all count!  For more ideas go to <https://makeit-loveit.com/40-indoor-diy-kid-activities-crafts> |
| 12.30-1.15 | Lunch | Help adults to prepare your lunch |
| 1.15-1.30 | Jobs | * Wipe down the kitchen table, help to wash and dry the dishes. * Wipe door knobs, light switches and cupboard doors. * Tidy your room or help a younger sibling tidy up. |
| 1.30-3.00 | Academic time | Complete work from your learning packs, Glow or Blog.  Ipad research time, watching educational programmes, playing educational games on tablet etc <https://www.bbc.co.uk/bitesize> |
| 3.00-4.00 | Quiet time | Read a book, comic or listen to a story. Play a game or do a puzzle. <https://www.storynory.com/>  <https://www.bbc.co.uk/iplayer/episodes/b00jdlm2/cbeebies-bedtime-stories> |
| 4.00 – 4.30 | Break | Afternoon fresh air if possible or some relaxing exercise <https://www.youtube.com/user/CosmicKidsYoga> |
| 4.30-5.00 | Relax | Free choice time |
| 5.00-6.00 | Dinner | Help adults prepare your meal and tidy up after. |
| 6.00-8.00 | Relax | Free choice/TV time |
| 8.00 | Bedtime | Listen to music, read a book and relax as you have had a long and productive day! |