

SUGGESTED DAILY TIMETABLE FOR HOME BASED LEARNING

During the time that your child is not in school due to self isolating or social distancing it is highly recommended that you structure their day as much as possible, to include educational learning as well as enjoying opportunities for fun family time. This will help fill the long days spent at home.

The timetable below is just an idea for you to use; plan your day how you wish to meet the individual needs of your family.

Before 9am	Wake up	Eat breakfast, make bed, get dressed
9-10:30am	Academic Time	Work books, journal writing, maths activities/games, spelling/phonics games
10:30 -11am	Break Time	Fresh air in the garden
11-12am	Creative time	Drawing, crafting, playing/making music,baking
12-12:30	Lunchtime	Help prepare/tidy away
12:30-1:30	Quiet time	Reading, jigsaw puzzles, family games, resting
1:30-3	Academic Time	Mindfulness activities Electronic Learning Online games and learning
3-4	Exercise Time	Indoor or garden exercise activities/games