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| --- | --- | --- |
| Time |  | Suggested Activities |
| Before 9am | Wake up | * Brush your teeth
* Get dressed
* Make your bed
* Have breakfast
 |
| 9am – 10am | Exercise Time | * Cosmic Kids Yoga
* You Tube Body Coach – PE with Joe
 |
| 10am-11am | Academic Time | * Activities from school website
* Activities from listed websites
* Glow
 |
| 11am-11:15am | Snack Time | * Healthy snack
 |
| 11:15am-12pm | Creative Time | * Lego
* Drawing
* Colouring
* Craft activities
* Singing/dancing
* Cook/baking with adult.
 |
| 12pm-1pm | Lunch |  |
| 1pm-2pm | Academic Time | * Online learning resources e.g Sumdog, Topmarks etc.
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| 2pm-3pm | Quiet Time | * Relax with a book
* Watch a TV programme
* Play a board game
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Suggested Home Learning Timetable