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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. |
| 2pm-3pm | Quiet Time | * Relax with a book * Watch a TV programme * Play a board game |

Suggested Home Learning Timetable