

Children love routine and family time, especially in uncertain times, so here are some ideas for a daily timetable whilst home schooling:

Time:	Suggested activity:	Ideas
Before 9am	Wake up	Eat breakfast, make bed, wash and brush teeth for 2 minutes. Encourage children to be independent.
9.00-10.00	Morning exercise	Perhaps a family walk, keeping your distance from others, outside games or if it's raining, how about some BBC Supermovers or Cosmic Yoga (see class page).
10.00- 11.00	Home Learning	Children could choose which subject they have a go at first
11.00-12.00	Creative Time	Drawing, painting, playdough, crafts, learn to cook or bake, sewing, construction toys.
12.00-1.00	Lunch	Eat. Free time.
1.00-1.30	Chores	Create a list of household chores they can help with. Tick them off as you do them.
1.30-2.00	Quiet time	Reading, puzzles, board games,
2.00- 3.00	Home Learning	Use the resources sent by school
3.00-4.00	Outdoor Time	Play with a ball, go for a walk, go on a mini-beast hunt, plant seeds, make treasure hunts.
4.00-5.00	Free Time	
5.00	Dinner	Discuss what you have all enjoyed doing that day?
6.00	Speak to family/ Free time	Phone or video call family and friends.
6.30-7.30	Bed time preparations	Quiet Time. Bath/shower time, ask child to read to you, Wash and clean teeth, bedtime story
7.30	Bedtime	