

## Daily Timetable

Time	Suggested Activity	Ideas...
Before 9.00	Wake up	Make (or help with) your own breakfast and eat it. Get dressed. Make your own bed, brush your teeth for 2 minutes, help with washing/folding clothes.
9.00 – 9.30	Daily PE Lesson	Joe Wicks Fitness on YouTube <a href="https://www.youtube.com/user/thebodycoach1/videos">https://www.youtube.com/user/thebodycoach1/videos</a>
9.30 – 10.45	Learning Time <b>Literacy Focus</b>	Check your class page under the 'Homebased Learning' tab (on the right hand side) for your daily/weekly tasks. Check Seesaw for any additional tasks/communication from your teacher. Complete tasks in your home learning packs <b>Additional/Daily: Reading / Handwriting / Spelling Practice</b>
10.45 – 11.00	Snack Time	Make (or help with) a snack that you can share with your family For ideas: <a href="https://www.nhs.uk/change4life/food-facts/healthier-snacks-for-kids/fruit-and-veg-snacks">https://www.nhs.uk/change4life/food-facts/healthier-snacks-for-kids/fruit-and-veg-snacks</a>
11.00 – 12.00	Wider Curriculum Time  Subject Specific Tasks will be Set (SeeSaw/Website/ PurpleMash etc.)	<b>Mon:</b> Geography: <a href="https://digimapforschools.edina.ac.uk/login">https://digimapforschools.edina.ac.uk/login</a> or <a href="https://www.natgeokids.com/uk/">https://www.natgeokids.com/uk/</a> <b>Tues:</b> Art lessons on <a href="http://www.robbidulph.com/draw-with-rob">http://www.robbidulph.com/draw-with-rob</a> Daily: <a href="https://www.tinkercad.com/">https://www.tinkercad.com/</a> or <a href="https://www.youtube.com/user/ArtforKidsHub/videos">https://www.youtube.com/user/ArtforKidsHub/videos</a> or <a href="https://www.accessart.org.uk/art-resources-for-home/">https://www.accessart.org.uk/art-resources-for-home/</a> <b>Weds:</b> Science: <a href="https://www.bbc.co.uk/bitesize/subjects/z6svr82">https://www.bbc.co.uk/bitesize/subjects/z6svr82</a> <b>Thurs:</b> Music: <a href="http://www.charanga.com">www.charanga.com</a> <b>Fri:</b> ICT: <a href="https://www.purplemash.com/sch/stanground">https://www.purplemash.com/sch/stanground</a>
12.00 – 1.00	Lunch Time	Make (or help with) your lunch and eat. Help to clear away after. Try and have some time outside if possible.
1.30 – 2.30	Quiet Time  Story Time  Yoga / Meditation	Reading / Puzzles  David Walliams 'Elevenses': <a href="https://www.worldofdavidwalliams.com/elevenses/">https://www.worldofdavidwalliams.com/elevenses/</a> Audible (currently free): <a href="https://www.audible.co.uk/cat/Children-Audiobooks/535836031?source_code=M2M30DFT1BkSH10161400A4&amp;ds_rl=1235674&amp;ipRedirectOverride=true">https://www.audible.co.uk/cat/Children-Audiobooks/535836031?source_code=M2M30DFT1BkSH10161400A4&amp;ds_rl=1235674&amp;ipRedirectOverride=true</a>  Cosmic Kids Yoga / Meditation: <a href="https://www.youtube.com/user/CosmicKidsYoga">https://www.youtube.com/user/CosmicKidsYoga</a>
2.30 – 3.15	Learning Time  <b>Maths Focus</b>	Check your class page under the 'Homebased Learning' tab (on the right hand side) for your daily/weekly tasks. Check Seesaw for any additional tasks/communication from your teacher. Complete tasks in your home learning packs Number Challenge KS2: <a href="http://www.iseemaths.com/home-lessons/">http://www.iseemaths.com/home-lessons/</a> The Math's Factor: <a href="https://www.themathsfactor.com/">https://www.themathsfactor.com/</a> <b>Additional/Daily: Times Table Rock Stars Practice / Flashback 4's / Mental Arithmetic</b>
3.15 – 4.30	Outdoor/Fresh Air	Play outside, go on a mini-beast hunt, create patterns and pictures with natural objects, plant flowers or vegetables, ride on your bike or scooter. As a family, leave the house for your one session of exercise. <a href="https://www.woodlandtrust.org.uk/blog/2020/03/nature-detectives/">https://www.woodlandtrust.org.uk/blog/2020/03/nature-detectives/</a>
4.30 – 5.00	Free Time	
5.00 – 6.00	Dinner Time	Help to prepare your meal and help set the table. Eat as a family. Help with the washing up and tidy away.
6.00 – 8.00	Family Time / TV	Family movie night, play games together, share what you have enjoyed about the day, discuss what you would like to do tomorrow, contact any family members you haven't been able to see, write a journal/diary of your day.
8.00	Bedtime Routine	Bath/Shower, brush your teeth for 2 minutes. Get ready for bed and share a story together. Free online books at: <a href="https://www.oliverjeffers.com/books">https://www.oliverjeffers.com/books</a> or <a href="https://www.oxfordowl.co.uk/for-home/find-a-book/library-page/">https://www.oxfordowl.co.uk/for-home/find-a-book/library-page/</a>

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