

TIME	ACTIVITY	DETAILS
8 - 9 AM	WAKE UP	Eat breakfast, brush teeth and get dressed.
9 - 10 AM	LEARNING TIME	Complete any schoolwork online assignments or activities
10 - 10:45 AM	EXERCISE TIME	Music and movement / Bike ride / Playing outside / Take a walk / Online workouts
10:45 - 11 AM	SNACK TIME	Enjoy a healthy snack!
11 - 12 PM	LEARNING TIME	Complete any schoolwork online assignments or activities
12 - 12:30 PM	FREE PLAY TIME	Free play so adults can prepare lunch.
12:30 - 1:30 PM	LUNCH TIME	Adults to catch up on any work or admin and housework.
1:30 - 2:30 PM	QUIET TIME	Independent quiet games, reading, puzzles and crosswords. (Adults time to work, do admin.)
2:30 - 3:00 PM	FAMILY HOUSEWORK	Make beds, tidy bedrooms, clean down surfaces, help with household chores.
3:00 - 3:30 PM	LEARNING TIME	Practice spellings and times tables.
3:30 - 4:30 PM	CREATIVE TIME	Craft activities. Adults to do work/admin.
4:30 - 5 PM	FREE PLAY TIME	Outside play and exercise
5 - 5:15 PM	TIDY UP TIME	Tidy up and ready for dinner.
5:15 - 5:45 PM	DINNER TIME	Enjoy dinner!
5:45 - 8 PM	FREE PLAY / BEDTIME ROUTINE	Free play whilst adults work do admin.