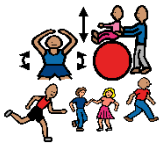
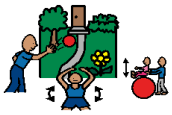
Suggested Daily Routine

Before 9am	Wake up		Have breakfast Get dressed Brush your teeth Make your bed Tidy your room
9 – 10am	Exercise Time		If possible: morning walk or indoor exercise. Yoga, 'Wake and Shake', Star Jumps, running up and down stairs, 'Go Noodle' etc…
10 – 11am	Academic Time		Purple Mash 2Do tasks, Tapestry challenge (EYFS), Reading Plus (Y6), School work packs, Reading/ sharing a book
11 – 12pm	Creative Time		Lego, drawing, puzzles, colouring, craft activities, singing, music, cooking/baking together.
12pm – 1pm	Lunch/Relax		<u>Controlled Electronics</u> iPads/tablets, computers and games consoles. **Please remember online safety and supervise your children.**
1pm - 1:30pm	Exercise Time		*See **'Exercise Ideas'** on next page*
1:30 - 2:30pm	Academic Time		Purple Mash 2Do tasks, Tapestry challenge (EYFS), Reading Plus (Y6), School work packs Reading/ sharing a book.
2:30 – 3:00pm	Quiet Time		Relax with a book, watch a TV programme or play a board game etc…
3:00 – 4:00pm	Fresh Air		Outdoor play or exercise indoors.
4:00 – 5:00pm	Electronics Time		<u>Supervised Electronics</u> Supervised educational games/apps. (see list of Websites and Apps on our website).
5:00 – 6:00pm	Tea Time		Have tea and then relax and prepare for bed/story time.

Exercise Ideas

- Jump on a trampoline
- Climbing activities
- Ride a scooter or bike
- Running/jumping games
- Wear a heavy back pack
- Carry a shopping bag
- Create a 'Go Noodle' account it is free and has lots of fun and free physical activities https://gonoodle.com/
- Dance along to a 'Just Dance' video on YouTube
- Kids Yoga on YouTube
- Cosmic Kids Yoga www.cosmickidsyoga.com
- Play dough – watch and follow 'Dough Disco' on YouTube