

As requested, here's a suggested timetable to help you keep some structure to your child's day. This isn't a definitive guide, it's just my thoughts on how I might try to do things if I was trying to educate from home.

Mums and Dads, please remember that these are just suggestions that may be useful to you. I'm very aware that many of you are working as well as trying to be educators. Be kind to yourselves and let the children play, watch TV or relax while you get the things that you need to done; then, find little pockets of time when you can try to do some focused work together. And please don't worry if this doesn't happen every day!

Approximate Time	Suggested Activity	Notes
Before 9 am	Get ready!	<ul style="list-style-type: none"> Wake up and get up (don't forget to make your bed). Eat your breakfast.
9 am – 10 am	Keep active! <i>Outside/in the garden if possible.</i>	<ul style="list-style-type: none"> Walk, run, trampoline... If it's raining, why not join Joe Wick for his 9am daily P.E. workout? Remember to stay hydrated!
10 am – 11 am	Keep busy! <i>English and Maths.</i>	<ul style="list-style-type: none"> Reading. Daily tasks for English and Maths (see class page on school website).
11 am – 12 pm	Get creative! <i>Your choice...</i>	<ul style="list-style-type: none"> Try drawing, painting, model making, baking, making or listening to music, sewing, knitting, Lego building...just make sure to tidy up after yourself!
12 pm – 1pm	Stay healthy and helpful! <i>Dinner time.</i>	<ul style="list-style-type: none"> Help to make your dinner if you can. You should also help to tidy up and wash the dishes. Are there any other jobs you could help with? Hoovering, dusting, cleaning light switches and door handles...your grown-ups will be very grateful!
1 pm – 2 pm	Keep relaxed! <i>Screen free activites.</i>	<ul style="list-style-type: none"> Read a book, do a jigsaw, knit a scarf...choose a quiet activity to relax to.
2 pm – 3pm	Keep busy! <i>Topic or online activities.</i>	<ul style="list-style-type: none"> Have a go at this week's topic ideas (see class page on school website). TTRockstars, Numbots, J2Blast etc.
3 pm – 4 pm	Keep active! <i>Outside/in the garden if possible.</i>	<ul style="list-style-type: none"> Walk, run, trampoline... Maybe even help in the garden?
<i>Don't forget to enjoy your free time in the evenings, help your grown-ups whenever possible and get a decent night's sleep!</i>		