

Suggested Daily Timetable

Before 9.00 am	Wake up	Eat your breakfast, make your bed, get dressed, brush your teeth!
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30-60 minutes	Exercise	Check out our website for lots of ideas or try our weekly sports challenge!
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Two 30-45 minute sessions	Maths and English Learning	Check out ClassDojo for your daily tasks.
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10-15 minutes	Reading	Time to read independently or with an adult or sibling. Try our weekly reading challenge!
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30-45 minutes	Learning time	Check out ClassDojo for topic learning or complete a weekly online safety challenge!
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Do not worry about trying to keep a full routine for your child like they had at school. But children will feel more comfortable and learn better with a routine to the day, even if this is tricky.

Whatever you do, try to make sure that your children:

- get up and go to bed at the same time each day
- have regular meal times
- have regular breaks
- make time to be active
- manage their screen time

The [home learning page](#) on our website has lots of ideas and resources. We'll also be sending home activities on ClassDojo each week.