

**Home Learning Timetable**

This timetable may help you add structure to your child’s day. Children like routine, this may help them understand what the daily activities are going to be. This may also help you reduce the amount of time your child spends passively watching television.

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| **Before 9am**  Image result for play clip art toysImage result for clip art child relaxImage result for clip art child get dressedGet up, get dressed, brush your teeth and have breakfast. Play with your toys and relax. | **9 – 9.30am**  Indoor physical activity  PE with Joe live session on Youtube:  <https://www.youtube.com/thebodycoachtv> | **9.30 – 10am**  Image result for children on a walkOutdoor physical activity. Go on a walk, play in the garden, learn to skip. | **10 – 11am**  Complete a selection of activities from the school website & read a book. (No electronics)  Image result for clip art reading parent child | **11 – 11.20am**  Relax and enjoy educational games on your ipad / computer or play a board game.  Image result for clip art child relax |
| **11.20 – 12am**  Image result for clip art reading parent childComplete a selection of activities from the school website & read a book. (No electronics) | **12 – 1pm**  Enjoy lunch and free time with your family. Play with your toys and relax.  Image result for clip art lunch family  Image result for clip art child relaxImage result for play clip art toys | **1 – 2pm**  Image result for clip art hop scotchImage result for clip art skippingPhysical activity indoor / outdoor. Go on a walk, play in the garden, learn to skip. | **2-3pm**  Image result for clip art reading parent childComplete a selection of activities from the school website & read a book. (No electronics) | **3pm onwards**  Image result for clip art lunch familyImage result for clip art reading parent childImage result for play clip art toysEnjoy free time with your family, reading stories, playing with your toys, meal and bedtime. |