

Suggested Daily Routine

We have included a timetable that could be used as a guide to help with the routine of the day.

Time	Suggested activity	Ideas
Before 8.45 am	Wake up	Make your own bed, brush your teeth, put your pyjamas away and make you own breakfast.
8.45– 9.45	Register English	Join your class on Zoom for the register using the link on Seesaw then complete your daily English activity and send your work to your teacher.
9.45 – 10.05	Wellbeing	Get active and do some exercise. It could be dance, yoga or a PE with Joe lesson. Check out the list of ideas on the parent sheet.
10.05 – 11.05	Maths	Complete your daily maths lesson and send your work back to your teacher. If your teacher has sent you a comment, make sure you respond.
11.05 – 11.35	Choose your learning	Have a healthy snack e.g. fruit. Read your reading book on Oxford Owl with an adult. Complete a Seesaw challenge. Do something creative e.g. drawing, painting, chalks etc. Play a game in the garden if you have one.
11.35 – 12.05	Phonics	Complete your daily phonics lesson and send your work back to your teacher. If your teacher has sent you a comment, make sure you respond.
12.05 – 1.00	Lunch time	Help to make lunch, set the table and clear up.
1.00 – 2.00	Seesaw Challenges	Complete a Seesaw challenge and send your work back to your teacher. Make sure you've responded to all of your teacher's comments and sent in your work for the day.
2.00 – 2.30	Quiet time	Read a book, magazine, poems etc., do a puzzle.
2.30 - 3.00	Spelling and Handwriting	Practise your sight word spellings using one of your strategies e.g. pyramid, look, cover, write, check or rainbow writing. Remember to use your neatest cursive handwriting with ascenders and descenders. Try to write each word in a sentence.
3.00 – 4.00	Wellbeing	Get active and do some exercise. It could be dance, yoga or a PE with Joe lesson. Check out the list of ideas on the parent sheet. Wrap up warm and go outside in the garden (if you have one).
4.30 – 6.00	Free time	Enjoy time together as a family or have some time alone choosing your own activities.
6.00 – 6.30	Dinner time	Enjoy dinner as a family and talk about your day.
6.30 – 8.00	Family and wind down time	Have a bath/shower, brush your teeth, play family games, board games etc. and share a story before bed.

