

Example Timetable

Before 9.00am	Wake Up	Eat breakfast, make your bed, get dressed and put pjs in the laundry basket
9.00-10.00am	Exercise	P.E. with Joe (search in Google) Cosmic Kids Yoga
10.00am-11.00am	Academic Time (No electronics)	Read a book, complete class homework tasks, Sudoku, Phonics Flashcards, number practice, Bingo etc
11.00am-12.00pm	Creative Time	Art, Music, Lego, STEM activities, baking or crafting activities
12.00pm	Lunch	
12.30pm	House jobs	A- Wipe the kitchen table and chairs B- Wipe all door handles, light switches and kitchen tops C- Wipe down both bathrooms
1.00-2.30pm	Quiet activities	Reading, puzzles or nap
2.30pm-4.00pm	Academic Time (electronics allowed)	Ipad/Tablet games, dice games, timetables, word games, spelling games
4.00-5.00pm	Afternoon Break	Garden activities- helping or playing games
5.00-6.00pm	Evening Meal	
6.00-8.00pm	TV and Shower Time	CBeebies- Story, Numberblocks, Horrible Histories
8.00-9.00pm	Bedtime Routine	