



	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Up to 8:30	Usual morning routine to be dressed and ready for learning	Usual morning routine to be dressed and ready for learning	Usual morning routine to be dressed and ready for learning	Usual morning routine to be dressed and ready for learning	Usual morning routine to be dressed and ready for learning
8:30 – 9:00am	Walk / stretch/ m'ness	Walk / stretch/ m'ness	Walk / stretch/ m'ness	Walk / stretch/ m'ness	Walk / stretch/ m'ness
9:00 – 10:00	English	Geography	Maths	English	Maths
10:00 – 10:15	Snack / drink / break	Snack / drink / break	Snack / drink / break	Snack / drink / break	Snack / drink / break
10:15 – 11:15	History	Maths	English	Mindfulness / PE	RE / Social ed
11:15 – 11:45	Mindfulness / PE	Art / craft	Mindfulness / PE	Music	Art / craft
11:45 – 12:00	Tidy up / bathroom etc	Tidy up / bathroom etc	Tidy up / bathroom etc	Tidy up / bathroom etc	Tidy up / bathroom etc
12:00 – 13:00	Lunch / Play time	Lunch / Play time	Lunch / Play time	Lunch / Play time	Lunch / Play time
13:00 – 14:00	Science	RE / social ed		English	Geography / History
14:00 – 14:15	Snack / drink / toilet	Snack / drink / toilet	Snack / drink / toilet	Snack / drink / toilet	Snack / drink / toilet
14:15 – 15:15	Maths	English	FREE ACTIVITY*	Maths	FREE ACTIVITY *
15:00 – 15:30	Tidy up / pack away etc	Tidy up / pack away etc	Tidy up / pack away etc	Tidy up / pack away etc	Tidy up / pack away etc
15:30 – 16:00	30 minutes of PERSONAL SPACE for ALL	30 minutes of PERSONAL SPACE for ALL	30 minutes of PERSONAL SPACE for ALL	30 minutes of PERSONAL SPACE for ALL	30 minutes of PERSONAL SPACE for ALL

Free Activity ideas:

Puzzle

FaceTime / telephone call with family member / friend

Book

IT based educational game from chosen resource

Plan a 'lesson' for your other family members to DO as pupils 😊