

A suggested daily timetable for KS2

If you have a garden, make time to go outside and play. If not, take children for a short walk so they get some fresh air and sunshine (unless we are advised otherwise).

Make sure to follow social distancing rules.

8am Start the day	Make your bed.	Brush your teeth and have a wash.	Choose your clothes for the day.	Choose something for breakfast and help your adult to make it.	Say the morning prayer before you eat.
9am Do something active	Try PE with Joe 9am live on YouTube - The Body Coach TV or Joe Wicks 5 minute move videos (these are on Twinkl.co.uk)	Put some music on and sing and dance.	Jog on the spot for a few minutes. How does your body feel when you exercise?	Try some yoga poses on online with 'Yoga for the classroom - Yoga with Adriene' on YouTube. Really practise those stretches!	Make up a fitness routine using star jumps, jogging on the spot, hopping, burpees and squats. Teach your family the routine and do it together.

9:30am

Complete an activity set by your teacher

<p>10am Do something creative</p>	<p>Make a scrapbook of your favourite things.</p> <p>Make a family scrapbook with all the things you love about your family.</p>	<p>Make a shoe box room. Use a shoe box and cut out all the objects you need for a room in your house and create a mini-sized replica of a room.</p>	<p>Junk modelling: collect and recycle materials such as yoghurt pots, toilet rolls and boxes and see what you can make with them.</p>	<p>Do a drawing or a painting. Maybe art work related to your current topic in school.</p>	<p>Make a time capsule of your time at home. One day we'll look back on this time and wonder what we did stuck at home for so long!</p>
<p>11am Complete an activity set by your teacher</p>					
<p>12pm Lunchtime</p>	<p>Talk about what you could have for lunch. How will you make sure it's healthy?</p>	<p>Help to prepare by washing salad/ fruit.</p>	<p>Help to cut the ingredients and make the food.</p>	<p>Help to put out the plates and cutlery.</p>	<p>Remember to say your lunchtime prayer before eating.</p>
<p>1pm Be kind and helpful</p>	<p>Tidy up any resources you have used this morning.</p>	<p>Tell your family at home one thing you love about them. Write them a letter or card.</p>	<p>Help with the laundry. Collect dirty clothes, fill the washing machine, hang the clothes up.</p>	<p>Help your adults at home with chores: washing up, hoovering, sweeping, mopping. It feels good to be kind!</p>	<p>Call or facetime a family member that you haven't seen (e.g. your Grandparents) and let them know you are thankful for them.</p>

1:30pm

Complete an activity set by your teacher

2pm Free time	Play a board game with your family - you could make one if you don't have one at home.	Use your tablet and play a game / watch something you enjoy.	Read your story books or write your own.	Listen to music and sing along. Have a karaoke session with all the family.	Write a letter to a friend/family member or your teacher to tell them what you have been doing.
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4pm

Complete an activity set by your teacher

5:30pm Dinner time	Help an adult to prepare dinner. What are you going to have? What ingredients do you need? How long do you need to cook it for? Can you set a timer?	Prepare a menu for other family members so they know what they are having for dinner tonight.	Talk about the different foods on the plate and where they come from. Is it grown in the ground? Is it grown on a tree?	Set the table. How many knives, forks, glasses and plates do you need? Do you have a fork for every knife? Make place cards for everyone by writing their names and drawing a picture of their favourite thing.	Remember to say a dinner time prayer.
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<p>6pm Free time</p>	<p>Play with your siblings. If they are younger, could you play a game with them so your parents can tidy up before bath time? If they're older ask them to play your favourite game with you.</p>	<p>Get in touch with a friend or family member via the Internet or on a phone. Say hello and tell them what you've done today.</p>	<p>Talk about your favourite thing you did today. Why was it so much fun?</p>	<p>Watch a movie or a programme you enjoy.</p>	<p>Have a rest: relax on the sofa or in your room.</p>
<p>8:30pm Bedtime</p>	<p>Enjoy a nice relaxing soak in the bath!</p>	<p>Brush your teeth for two minutes. Use a timer (or count in your head) and make sure you brush them thoroughly.</p>	<p>Say goodnight to your family members and give them a big hug. It's hard being altogether in the house but we're lucky we have our families close by.</p>	<p>Read a story with an adult or by yourself. Remember to sign your reading record!</p>	<p>Say the 'End of the Day Prayer'. Have a good sleep!</p>