

# A suggested daily timetable for younger children

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.
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 <a href="https://www.twinkl.co.uk">Twinkl.co.uk</a> )	Sing heads, shoulders, knees and toes.	Jog on the spot for a few minutes. How does your body feel when you exercise?	Try some yoga poses on online with 'Cosmic Yoga' on YouTube. Make your body into the shape of different animals.	Put some music on and sing and dance.

9:30am

Watch Read, Write Inc. phonics lesson live on YouTube (9:30 for nursery, 10am for Reception)

Complete an activity set by your teacher

10am Do something creative	Ask your adult to cut out some 2D shapes, such as squares, rectangles, triangles and circles, from coloured card, paper or magazines. Use the shapes to create a picture. Can you make a person? A house? An animal?	Make a collage picture using newspaper and leaflets. Talk about what your picture is and how you are making your picture.	Can you help your adults at home bake or make something? Fruit kebabs? Pizza topped pitta breads? Cornflake cakes?	Do a drawing or a painting. Maybe you could draw an animal or an imaginary world. Maybe you could paint pictures of the faces of your family members.	Have some messy play, make some playdough or slime. Playdough recipe: 2 cups flour 1 cup salt 1 tbsp oil 1 cup water Food colouring (optional)
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11am

Complete an activity set by your teacher

12pm Lunchtime	Talk about what you could have for lunch.	Count out the ingredients for your family.	Help to prepare by washing salad/ fruit.	Help to put out the plates and cutlery.	Remember to say your lunchtime
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	How will you make sure it's healthy?				prayer before eating.
1pm Be kind and helpful	Tidy up any toys you have used today.	Tell your family at home one thing you love about them. Maybe you could draw a picture of this.	Help wash the clothes by putting the dirty clothes in the washing basket ready for your adults to put in the washing machine.	Help your adults at home with the washing up.	Call or facetime a family member that you haven't seen (e.g your Grandparents) and let them know you are thankful for them.
1:30pm Complete an activity set by your teacher					
2pm Free time	Play with your toys.	Use your tablet and play a game / watch something you enjoy.	Read your stories.	Listen to 'Singing Hands' on YouTube and sing along to your favourite nursery rhyme.	Play hide and seek, catch or 'it' (if you have enough space!)
4pm Complete an activity set by your teacher					

<p>5pm Dinner time</p>	<p>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?</p>	<p>Prepare a menu for other family members so they know what they are having for dinner tonight.</p>	<p>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?</p>	<p>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.</p>	<p>Remember to say a dinner time prayer.</p>
<p>6pm Free time</p>	<p>Make up a story using your toys. Can you retell one of your favourite stories using your toys? Can you make up a puppet show?</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>Play a game with a family member.</p>

	Show your adult at home.				
7:30pm Bedtime	Play with different jugs, bowls, cups and spoons in the bath. Can you guess how many cups it will take to fill the jug? Which jug holds the most? How can you find out?	Brush your teeth. Can you set a timer for two minutes and brush for the whole time? How will you know when your time is up? Can you think of other things that take about two minutes?	Sing your favourite nursery rhyme to your family before bed.	Share a favourite story together. Talk about the plot, the setting and the characters.	Say the 'End of the Day Prayer'