**Home Learning**

**Suggested timetable if you need some guidance**

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| Before 9am | **Wake Up** | Eat breakfast, make your bed, get Dressed, Put PJs away. Wash hands |
| 9-9:30 | **Fresh Air- Play in Garden** | Family stroll, dog walk ( if not self-isolating ), garden exploration, wash hands |
| 10-11  | **Academic Time**  | Follow the Activity Grid for your Year Group |
| 11-11.15 | **Movement Break and Healthy Snack** |  |
| 11.15-12:00 | **Academic Time** | Follow the activity grid, or alternatively Lego, bake, draw, craft., |
| 12-12:30 | **Lunch** | Wash hands |
| 12:30-1:00 | **Free Time – play with toys, TV time etc** | Parent choice! |
| 1-2.00 | **Academic Time** | Reading, puzzles |
| 2 – 2.30 | **Snack time and movement break** | Wash hands, healthy snack, TV, play |
| 2.30-3pm | **Academic Time**  | Follow the Activity Grid |
| 3-4.30pm | **Afternoon fresh air or play in house depending on weather** | Family stroll, dog walk ( if not self-isolating ), garden exploration, wash hands |
| 5pm | **Dinner** | Wash hands. Set table. |
| 6-6.30pm | **Free time** | Own toys and play choices |
| 6.30-Bed | **Bedtime Prep to include bath/shower and bedtime story** | Showers, baths, bedtime story, share school book.Call an older member of your family to check in. |