

## Suggested routine to help structure your day.



<u>Timing</u>	<u>What shall we do now?</u>	<u>Activities</u>
Before 9am	Good morning!	Have breakfast, get dressed, brush your teeth, make your bed, tidy your room
9am-10am	Let's work out!	If possible, morning walk or indoor exercise – could consist of Go Noodle, Cosmic Kids Yoga, creating a dance routine to your favourite song, The Body Coach – youtube, trampoline
10am-11am	Let's learn!	School learning pack activities – electronics only to be used to support learning, e.g. SPaG.com/Times Table Rockstars, project research etc.
11am-12pm	Let's get creative!	Various ideas - Drawing, colouring, painting, Lego, singing, craft activities (using recyclable materials), baking (if possible)
12pm-1pm	Lunch and relax	TV, iPad/tablet, game consoles – reminding children of staying safe online and supervising their use
1pm-1:30pm	Let's work out...again!	See previous suggestions
1:30pm – 2:30pm	Let's learn some more!	See previous ideas
2:30pm – 3pm	Quiet time	Relax with a book, share a story, play a boardgame, jigsaws, watch an educational children's documentary etc.
3pm-4pm	Fresh air	Outdoor play in the garden if possible or exercise indoors
4pm-5pm	Electronics	Supervised educational games/apps
5pm-6pm	Tea time	Have tea and then relax and prepare for a bedtime story

### Suggested Websites and Apps

*Some of these may require an account to be set up, but all of these have been advertised as free to use throughout school closures*

See-Saw

#### Maths

Times Table Rockstars  
Manga High/Mathletics  
Nopressuremaths.com  
White Rose  
First4Maths – creative at home

#### Literacy and Reading

SPaG.com  
Oxford Owl  
Vooks  
Storyline Online  
Pickatale  
Letters-and-sounds.com  
Phonics Play  
Doorwayonline.org.uk  
Scholastic

#### PE

Go Noodle  
Cosmic Kids Yoga  
The Body Coach and Just Dance– Youtube  
Super Movers

#### Topic – Geography and History

Researchify  
BBC Bitesize  
National Geographic Kids  
BBC History for Kids

#### Science

Club SkiKidz  
Nasa Kids' Club  
Stem.org.uk/teaching-science-through-stories

#### Other

Schools.firstnews.co.uk  
Scratch  
Communication4all  
Topmarks.co.uk  
Primaryresources.co.uk  
Twinkl – currently free  
ictgames.com  
PBS Kids Daily  
Newsletter  
Circletime  
Charanga