

POSSIBLE TIMETABLE - SCHOOL CLOSURE/SELF-ISOLATION

TIME	ACTIVITY	IDEAS
9.00-9.30am	Morning Physical Activity	Yoga, stretches, circuit training <i>See YouTube ideas</i>
9.30-11.00am	Academic Time	NO ELECTRONICS - Maths and English Activities <i>See ideas on class pages</i>
MORNING BREAK		
11.15-12.15pm	Creative Time	Lego, drawing, playdough, painting, crafting, cooking or baking.
LUNCH		
12.45-1.15pm	Chore time	Tidy room, put away the washing, do the washing up.
1.15-2.00pm	Quiet time	Reading, puzzles, listen to music, nap.
2.00-3.30pm	Academic Time	Curriculum Activities <i>See ideas on class pages</i>
3.30-4.30pm	Afternoon Physical Activity	Play in the garden or backyard.