








## *Example of a daily family timetable during school closures*

Keeping structure and routines helps children thrive. This is an example of a structure but you will know how much you can manage and what works best for your children. Remaining calm is more important than trying to do all of these areas so select the areas which work best and adapt to the age of your children.

<i>Time</i>	<i>Activity</i>	<i>Ideas (keep washing hands in between!)</i>
9:00 – 9.30	 <b>Exercise</b>	Why not start the day with Jo Wicks morning P.E lesson. Join thousands of children around the country in the biggest P.E lesson ever seen!
9.30-10.15	 <b>Literacy</b>	Start with a mini phonics / spelling / grammar warm up. Look at the website for the daily activity Read for at least 20-30 minutes. Try and find somewhere quiet where you will not be disturbed.
10.15-10.45	 <b>Exercise/Break</b> If not allowed outside: stretching, using TV and online exercise videos. Join up with a friend or group online.	
10.45-11.30	 <b>Numeracy</b>	Start with a Times tables / mental maths warm up. Look at the website for the daily activity If you want to challenge yourself with more work, click on the Maths section and go onto MyMaths or one of the websites in the list.
11:30-12	 <b>Reward/Relaxation</b> Agree rewards at start of day – board games, Lego, drawing, listening to / playing music, puzzles, TV time and electronic devices.	
12-1pm	<b>Lunchtime</b>	
1-1.30	<b>Quiet time</b>	Reading, yoga, mindfulness activities or other reward activities
1.30-3	 <b>Creative project</b>	Pick a task from your child's Matrix
3-3.30	 <b>Share a story Reflection</b>	End the day with your child reading a book or online. Try to read their choices, reread old favourites, information books or poetry.
3.30 – 4	<b>Reward/Relaxation</b>	

*Blank weekly structure to help plan your week*

<b>Timings</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Morning Literacy</b>					
<b>Morning Maths</b>					
<b>Afternoon</b>					
<b>Rewards/ Other activities</b>					