

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	 Exercise	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	 Literacy	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	 Exercise/Break	If not allowed outside: stretching, using TV and online exercise videos. Join up with a friend or group online.
10.45-11.30	 Numeracy	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	 Reward/Relaxation	Agree rewards at start of day – board games, Lego, drawing, listening to / playing music, puzzles, TV time and electronic devices.
12-1pm	Lunchtime	
1-1.30	Quiet time	Reading, yoga, mindfulness activities or other reward activities
1.30-3	 Creative project	Pick a task from your child's Matrix
3-3.30	 Share a story Reflection	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	Reward/Relaxation	

Blank weekly structure to help plan your week

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