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| --- | --- | --- | --- |
| Before 9am | Wake up  |  | Have breakfastGet dressedBrush your teeth Make your bed  |
| 9 – 9:30am | Exercise Time |  | If possible: morning walk or indoor exercise. Joe Wicks. Cosmic Yoga. 5-a-day, ‘Wake and Shake’  |
| 9:30- – 10:30am | Phonics Time |  | Daily Speed Sound session and Daily Read Write Inc Go Writing (Information will be given on Tapestry each Monday) |
| 10:30 – 12pm | Busy Time  |  | Lego, drawing, colouring, craft activities, playdough, singing, music, cooking/baking/ together.(It is an activity at school that they would chose that they want to do.) |
| 12pm – 1pm | Lunch/Relax |  | Controlled ElectronicsiPads/tablets, computers and games consoles. **Please remember online safety.** |

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| 1pm -1:30pm | Exercise Time |  | *See ‘****Exercise Ideas’*** |
| 1:30 - 2:00pm | Maths Time |  | Daily Maths Activity (Activities set on Monday on Tapestry/Blog) |
| 2:00 – 3:00pm | Busy Time |  | You may want to choose an activity from the pack to complete linked to our topic.Relax with a book, watch a TV programme or play a board game. |
| 3:00 – 4:00pm | Fresh Air |  | Outdoor play or exercise indoors. |
| 4:00 – 5:00pm | Electronics Time |  | Supervised ElectronicsSupervised educational games/apps. |
| 5:00 – 6:00pm | Tea Time |  | Have tea and then relax and prepare for bed/story time.  |

Exercise Ideas

* Jump on trampoline
* Climbing activities
* Ride a scooter or bike
* Running/jumping games
* Create a ‘Go Noodle’ account it is free and has lots of fun and free physical activities: <https://www.gonoodle.com/>
* Dance along to a ‘Just Dance’ video on YouTube.
* Jack Hartmann Kids Music Channel on YouTube.
* Kids Yoga on YouTube
* Cosmic Kids Yoga [www.cosmickidsyoga.com](http://www.cosmickidsyoga.com)
* Play Dough/Playdough gym videos on youtube.
* 5 a day-login USERNAME: 5-a-dayAtHome

 PASSWORD: AtHome123