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This is a suggested timetable to help you maintain a regular routine over the isolation period. Feel free to change it to suit the needs of your child.

| | 9.00 - 9.30 | 9.30 - 10.00 | 10.00 - 10.30 | 10.30 - 11.00 | 11.00 | 11.30 - 12.15 | 12.15 - 1.30 | 1.30 - 2.30 | 2.30 - 3.30 |
|--|--|--|--|---|--|---|---|--|---|
| Monday <i>Or try the Body Coach (Joe) on YouTube</i> | Stretching and exercising  | Reading  | Grammar + Spellings  | English Check the daily teaching video on the school website - Online Learning  | BREAK  | Mental Maths and Reasoning Check the daily teaching video on the school website - Online Learning  | Lunch Help prepare, eat and tidy up  | Science Purple Mash Check the teaching video | Physical Exercise Dance/movement/running /games  |
| Tuesday <i>Or try the Body Coach (Joe) on YouTube</i> | Stretching and exercising  | Reading  | Grammar + Spellings  | English Check the daily teaching video  | BREAK  | Mental Maths and Reasoning Check the daily teaching video  | Lunch Help prepare, eat and tidy up  | Art: Create a poster about the Chocolate Factory | Physical Exercise Dance/movement/running /games  |
| Wednesday <i>Or try the Body Coach (Joe) on YouTube</i> | Stretching and exercising  | Reading  | Grammar + Spellings  | English Check the daily teaching video  | BREAK  | Mental Maths and Reasoning Check the daily teaching video  | Lunch Help prepare, eat and tidy up  | D & T Project Design a wrapper for a Willy Wonka Chocolate Bar | Physical Exercise Dance/movement/running /games  |
| Thursday <i>Or try the Body Coach (Joe) on YouTube</i> | Stretching and exercising  | Reading  | Grammar + Spellings  | English Check the daily teaching video  | BREAK  | Mental Maths and Reasoning Check the daily teaching video  | Lunch Help prepare, eat and tidy up  | Cooking (with an adult) What healthy meal can you make for dinner? | Physical Exercise Dance/movement/running /games  |
| Friday <i>Or try the Body Coach on YouTube</i> | Stretching and exercising  | Reading  | Grammar + Spellings  | English Check the daily teaching video  | BREAK  | Mental Maths and reasoning Check the daily video  | Lunch Help prepare, eat and tidy up  | History Find out about the Ancient Egyptians | Physical Exercise Dance/movement/running /games  |