

Shipley Daily Timetable

Approximate Time	Activity	Suggestions/Opportunities
8-9	Good morning!	Breakfast, making beds, dressing, helping with chores. Why not: <ul style="list-style-type: none"> • lay the table/make breakfast/wash up • learn to make a decent cup of tea or coffee • choose a topic to talk about over breakfast
9-10	Exercise hour (depending on weather)	Do some exercise – go for a walk or a jog Follow a you tube fitness clip (Joe Wicks) or a yoga programme Set up an indoor exercise course
10-11	Learning time (no devices)	Complete an activity from your home learning grid or from one of the workbooks.
11-12	Creative time	Lego, building, construction, Art, drawing, painting, collage, water play, craft, music, jigsaws, sudoku Learn to make some tasty dishes for the family to eat
12-1	Lunch and chores	Lay the table, prepare the lunch, clear the table wipe down the surfaces Listen to a podcast
1.-2	Quiet time	Reading, puzzles, drawing, writing letters to neighbours or elderly relatives
2-3	Academic time (devices allowed)	Complete an activity from your home learning grid or from one of the workbooks Check the school website – updated on Mondays by 12 noon Touch typing – Dance Mat or Doorway on line – links on website
3-4	Afternoon fresh air	Exercise time Ride your bike or scooter Go on a nature ramble, identify some plants, insects or birds Get into photography – find something for the seasons display
4-5	Free time/ Diary writing	Complete a diary entry for the day – record events Reading and spelling games Normal after school routines
5-6	Dinner	Lay the table, help prepare the meal, clear the table, wash up, put away dishes, wipe down surfaces
6-7/8	Free time!	Play a family game Preparation for bed
7/8-9	Bedtime and reading time	reading encouraged Don't forget to write it in your reading record book – it count towards your reads!

Other activities

'Seasons' – paintings, photographs, poems for our Seasons display when we return

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