**Daily Timetable for Educating at Home**

This schedule is based on our normal day at Steeton Primary School. We understand that it may not be easy to have children at home when they are used to being at school. Sticking to a relatively normal routine can help reduce stress and make days at home purposeful.

My suggestion would be to stick the rota up in your house somewhere where everyone can see it. You can of course adapt/make your own as suits your family. Any questions please ask. My email address is sharmyn.kennedy@steeton.bradford.sch.uk

Best of luck

Mrs Kennedy

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| **Time** | **Activity** | **Instructions and Ideas** |
| Before 9am | Normal Morning Routine | Follow your normal school morning routine. Get up at the same time. Have your breakfast and get dressed. Be ready to start your day 9am.Following your normal routine will help to start your day right. |
| 9am to 9.30am | Exercise | If you can leave your house, go for a walk. Notice things around you. For the younger ones, say the numbers and letters on number plates, name different colours and shapes as you see them. Older children can look out for signs of spring and discuss the different kinds of plants they see. If you can’t leave the house, try some lounge room dancing or check out YouTube for some workout ideas. Children in school enjoy Go Noodle and Cosmic Kids. |
| 9.30am to 10.30am | Academic Time | NO ELECTRONICSBooks, work sheets, study guides, crosswords, word search and Sudoku. Your children could write a story and work on making it in to a book. |
| 10.30 to 10.50am | Break Time | Snack, drink and using the toilet.  |
| 10.50am to 12 noon | Creative Time | Lego, drawing, crafting, music, baking, cooking, colouring, painting or jigsaw puzzles. |
| 12 noon | Lunch |  |
| 12.30pm to 1pm | Chore Time | Clean up after lunch and do 1 other household chore. This of course needs to be age appropriate – but everyone is old enough to tidy. |
| 1pm to 1.30pm | Free Play | NO ELECTRONICSPlay in the garden, bedrooms or lounge.  |
| 1.30pm to 2.30pm | Quiet Time | Reading, tv show, nap. NO VIDEO GAMES. |
| 2.30 to 3.30pm | Academic Time | Electronics OKIPad games or other education websites. A list of these is on the school website.  |
| 3.30 to 4pm | Afternoon snack and tidy up | Pack away all your schoolwork ready for tomorrow.  |
| 4pm to 5pm | Afternoon air | Get some fresh air – go for a walk, play in outside in your garden or yard. Stay a safe distance from others. |
| 5pm to 8pm | Evening Routine | Relax and enjoy each other’s company. Cook and eat dinner. Watch some TV or a film. |
| 8pm | Bed Time  | For all children |
| 9pm | Bed Time | For children who followed the timetable and behaved well all day. |