

MY WEEKLY TIMETABLE

KS1/2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BEFORE 9 AM	Wake up Eat breakfast, make your bed and get dressed.	Wake up Eat breakfast, make your bed and get dressed.	Wake up Eat breakfast, make your bed and get dressed.	Wake up Eat breakfast, make your bed and get dressed.	Wake up Eat breakfast, make your bed and get dressed.	Wake up Eat breakfast, make your bed and get dressed.	Wake up Eat breakfast, make your bed and get dressed.
9AM - 10AM	Exercise Get involved with Joe Wicks' daily online PE class.	Exercise Get involved with Joe Wicks' daily online PE class.	Exercise Get involved with Joe Wicks' daily online PE class.	Exercise Get involved with Joe Wicks' daily online PE class.	Exercise Get involved with Joe Wicks' daily online PE class.	Exercise E.g. yoga, star jumps, sensory processing.	Exercise E.g. yoga, star jumps, sensory processing.
10AM - 11AM	Academic Time Participate in online lessons/tasks outlined by teacher.	Academic Time Participate in online lessons/tasks outlined by teacher.	Academic Time Participate in online lessons/tasks outlined by teacher.	Academic Time Participate in online lessons/tasks outlined by teacher.	Academic Time Participate in online lessons/tasks outlined by teacher.	Outdoor Activities Play outside, get your family involved.	Outdoor Activities Play outside, get your family involved.
11AM - 12PM	Creative Hour Time away from the computer, e.g. crafts/bake.	Creative Hour Time away from the computer, e.g. crafts/bake.	Creative Hour Time away from the computer, e.g. crafts/bake.	Creative Hour Time away from the computer, e.g. crafts/bake.	Creative Hour Time away from the computer, e.g. crafts/bake.	Homework Complete any outstanding homework.	Homework Complete any outstanding homework.
12PM - 1PM	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1PM - 2PM	Quiet Time Try meditation or yoga to relax.	Quiet Time Try meditation or yoga to relax.	Quiet Time Try meditation or yoga to relax.	Quiet Time Try meditation or yoga to relax.	Quiet Time Try meditation or yoga to relax.	Quiet Time Try meditation or yoga to relax.	Quiet Time Try meditation or yoga to relax.
2PM - 3PM	Academic Time Complete your final tasks and collect any homework.	Academic Time Complete your final tasks and collect any homework.	Academic Time Complete your final tasks and collect any homework.	Academic Time Complete your final tasks and collect any homework.	Academic Time Complete your final tasks and collect any homework.	Creative Hour Bake a desert for tonight's dinner, get creative with your recipe.	Creative Hour Bake a desert for tonight's dinner, get creative with your recipe.