

**Curdworth Primary School**

**Recommended Daily Timetable**

Dear Children,

It is important that whilst you are away from school you try your hardest to carry on with learning at home. The tasks your teachers and grown-ups set you will help you to keep making BRILLIANT progress. Although we are not with you, you can email your teachers or message us on our school Twitter page @curdworthschool so that we can see your AMAZING LEARNING.

Below is an idea of what your learning from home timetable might look like.

Good luck xxx

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| **Time** | **Activity** | **Suggested Activities** |
| Before 9am | Wake Up | Have breakfast  Get dressed  Brush your teeth  Make your bed  Tidy your room |
| 9am – 10am | Exercise Time | Fresh air outside  Yoga  Wake and Shake Activities |
| 10 am – 11am | Academic Time | Learning set by your teachers |
| 11am – 12pm | Creative Time | Any creative tasks set by your teacher  Lego/Construction  Drawing/Painting/Craft  Baking  Singing/Music |
| 12pm – 1pm | Lunch/Relax | TV  Computer/ iPad  Reading  Remember to stay safe online |
| 1pm – 1.30pm | Exercise Time | Complete an activity from your class PE menu  Exercise outside  Any active tasks set by your teacher |
| 1.30pm – 2.30pm | Academic Time | Learning set by your teachers |
| 2.30pm – 3pm | Quiet Time | Daily Reading set by your teacher  Play a board game  Jigsaw puzzle |
| 3pm – 4pm | Fresh Air | Outdoor play  Take a walk  Gardening/nature |
| 4pm – 5pm | Electronics Time | TV  Computer/ iPad  Reading  Remember to stay safe online |
| 5pm – 6pm | Dinner time | Have dinner  Relax  Talk about your day |