














Suggested Daily Timetable



Before 9am	Wake up		Have breakfast, get dressed, brush your teeth, make your bed
9 -9.30 am	Exercise Time		If possible, morning walk or exercise Joe Wicks Kids Workout Go Noodle www.gonoodle.com
9.30-10 am	Online Time		Split this time between two of the following: TTRockstars, Spelling Shed and Read Theory. Alternate on different days.
10 – 11 am	Work Time		No electronics Complete 2 pages in your CGP Grammar book or use the picture of the day from Pobble365 to write a short story or complete the sentence level activities.
11.-11.15am	Break Time		Get some fresh air and have a snack.
11.15 – 12.15 pm	Creative Time		Work on one of the art activities on the Y4 activity planner. Do some baking, colouring in or make something out of Lego.
12.15- 1.15pm	Lunch Time		Have a healthy lunch. Relax. Time for your electronics (Remember online safety)
1.15- 1.30pm	Exercise Time		See morning activities
1.30 – 2.30 pm	Work Time		No electronics. Complete 2 pages in your CGP Maths book or work on one of the Geography or Science activities.
2.30-3.00 pm	Quiet Time		Read a book or complete some of the RE activities on the activity planner.
3.00 – 3.30 pm	Fresh Air		Play or exercise outdoors (e.g. In your garden) Spend some time with your pets (if you have one)
3.30 – 4.15 pm	Break Time		Time for your electronics (Remember online safety)
4.15 – 5.30 pm	Dinner Time		Have your dinner (maybe help to prepare it!) and relax.
Try to keep to your normal bedtime and bed time routine.			