|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Wake Up | Make your bed, have breakfast and a glass of water, | Make your bed, have breakfast and a glass of water, | Make your bed, have breakfast and a glass of water, | Make your bed, have breakfast and a glass of water, | Make your bed, have breakfast and a glass of water, |
| Active Time | Cosmic Yoga, a Body Coach work out. | Cosmic Yoga, a Body Coach work out. | Cosmic Yoga, a Body Coach work out | Cosmic Yoga, a Body Coach work out. | Cosmic Yoga, a Body Coach work out |
| Academic Time | 15 minutes reading  +  Guided reading task  +  Maths problem  +  Topic task |  | 15 minutes reading  +  Guided reading task  +  Maths problem  +  Topic task |  | 15 minutes reading  +  Guided reading task  +  Maths problem  +  Topic task |
| Helpful Moment | Make sure your room is tidy.  Ask an adult for a helpful job. | Make sure your room is tidy.  Ask an adult for a helpful job. | Make sure your room is tidy.  Ask an adult for a helpful job. | Make sure your room is tidy.  Ask an adult for a helpful job. | Make sure your room is tidy.  Ask an adult for a helpful job. |
| Lunch |  |  |  |  |  |
| Creative Time | Art. Making project. Cooking, Lego. Puzzles |  | Art. Making project. Cooking, Lego. Puzzles |  | Art. Making project. Cooking, Lego. Puzzles |
| Academic Time | 15 mins TTRockstars  or times table square. |  | 15 mins TTRockstars  or times table square. |  | 15 mins TTRockstars  or times table square. |
| Dinner |  |  |  |  |  |
| Own Time | Watch a show, play a game, read. |  | Watch a show, play a game, read. |  | Watch a show, play a game, read. |
| Bedtime | Read for 15 minutes before bed, Prayer, reflection time, MindUp. | Read for 15 minutes before bed, Prayer, reflection time, MindUp. | Read for 15 minutes before bed, Prayer, reflection time, MindUp. | Read for 15 minutes before bed, Prayer, reflection time, MindUp. | Read for 15 minutes before bed, Prayer, reflection time, MindUp. |

**Notes**

This timetable is just a guide to help you structure your time away from school, it is by no means something you have to follow.

The suggestions made for ‘active time’ can be found on YouTube. Search ‘Cosmic Yoga’, or ‘Body Coach’ and scroll down to find the kids activities. Try to do 20 to 30 minutes.

If you use your computer during Own Time, or on Tuesday and Friday, try your best to turn off after 1 hour, maximum.

‘Topic’ includes History, Geography and Science.

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