

Example of a Home Learning Daily schedule

Approx.. time allocation	Focus	Examples
before 9am	Getting ready to start the day	Wake up, wash and dress, brush teeth, brush your hair, eat breakfast etc.
9am – 10am	Morning Exercise	eg. Family walk, Joe Wicks programme, Cosmic yoga, walk the dog etc
10am – 11am	Learning and a snack	Choose an activity from the school website or SCHOOP
11am – 12pm	Creative	eg. Baking, painting, singing, dancing, build with LEGO or other construction kit, playdough or clay, role-play etc
12pm – 12:30pm	Lunch	
12:30pm – 1pm	Helping	eg. tidy up, make your bed, sweep the floor, vacuum the lounge, wipe down the table etc
1pm – 2pm	Quiet Time	eg. read a book, do a jigsaw, colour a picture, watch a favourite programme etc
2pm – 3pm	Learning and a snack	Choose an activity from the school website or SCHOOP
3pm – 4pm	Creative	eg. Baking, painting, singing, dancing, build with LEGO or other construction kit, playdough or clay, role-play etc
4pm – 5pm	Afternoon Exercise	eg. Family walk if you didn't go this morning, bike ride, football etc
5pm – 6pm	Dinner	
6pm – 7pm	Free choice	
7pm – 8pm	Time to slow down	eg. bath/ shower, jim-jams on, brush teeth, story, bedtime.