





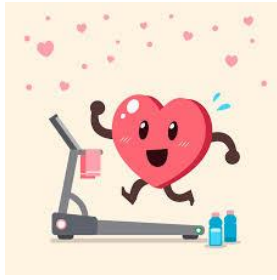




This is an example of what a daily timetable could look like. This is not something you have to use or follow but it is here as a guide if you would like to use it.

Time	Ideas		
Before 9am	Wake up Daily prayers		Wake up, have a healthy breakfast then get dressed.
9-10	Exercise time		Go for a walk/ complete some exercise outdoors or indoors using Joe Wicks or Cosmic Kids Yoga on YouTube.
10-11	Learning time		Maths/ reading/writing focus. Use our school website for tasks from the Learning projects.
11-11:15	Break time		Have some fresh air/ eat a healthy snack.

11:15-12	Learning time		Maths/ reading/writing focus. Use our school website for tasks from the Learning projects.
12-1	Lunch time Prayers		Prepare lunch and eat together.
1:1:30	Exercise time		Go for a walk/ complete some exercise outdoors or indoors.
1:30-2:30	Learning time		Complete a RE task/ creative time/ cooking activity/ practise basic skills.
2:30-3	Reading time/ quiet time		Share a book together/ play a board game/ watch a TV programme.