

Daily Routine for At-Home Learning

Structured days with regular mealtimes and bedtimes are essential to keeping children happy and healthy. A predictable, regular routine will assist in ensuring students remain calm.

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| Before 9am | Morning Routine | Breakfast, get dressed, make bed etc... |
| 9:00-9:30 | Be active | Walk, stretches, ball games |
| 9:30 – 11:00 | Academic Learning | Set teacher tasks <ul style="list-style-type: none"> • Online activity • Maths/ English activity • Typing Task • Reading |
| 11:00-11:30 | Lunch | |
| 11:30-12:00 | At Home Chores | Choose <ul style="list-style-type: none"> ○ Wipe bench tops ○ Wipe over door handles/ light switches ○ Fold clothes ○ Tidy room |
| 12:00-12:30 | Regular homework routine | <ul style="list-style-type: none"> • Reading • Basic maths – times tables • Spelling activity |
| 12:30-1:30 | Academic Learning | Set teacher tasks <ul style="list-style-type: none"> • Online activity • Maths/ English activity • Typing Task • Reading |
| 1:30-2:00 | Afternoon Tea | |
| 2:00-3:00 | Creative Time | Lego, drawing, music, cooking |
| 3:00-4:00 | Outdoor Activity | Outdoor play, bikes |
| 4:00 - Bedtime | Regular afternoon routines | |