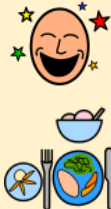


Primary - School Day Timetable

adapted from Airyhall Primary School

	Before 9am MORNING ROUTINE	Have breakfast, get dressed, make your bed, tidy your bedroom.																		
	09.00 – 09.30 KEEPING ACTIVE	The Body Coach (Joe Wicks) is delivering ‘P.E. With Joe’ every morning Monday to Friday at 9am live on his You Tube Channel: https://www.youtube.com/user/thebodycoach1																		
	09.30 – 10.30 SCHOOL TASKS	Daily Tasks – Log on to Google Classroom and check your daily tasks or challenges.																		
	10.30 – 11.00 BREAK	Have a break and a snack. Go outside and get some fresh air if you can.																		
	11.00 – 12.30 SCHOOL TASKS	Keep learning with your challenges or daily tasks from Google Classroom. You don't need to be sitting at a table all the time.																		
	12.30 – 13.30 LUNCH	Lunch Time. Can you help make your lunch? Get some fresh air if you can.																		
	13.30 – 15.00 SCHOOL WORK	Keep going with your learning. If you finish early that's great!																		
	FREE TIME TEA/DINNER TIME	Have fun! Chill out and do something you enjoy. Perhaps you could help out making the tea/dinner or setting the table. You could also help with dishes and/or tidying the house. Enjoy time with your family – play board games, card games, phone a relative.																		
	BED TIME	Go to bed at a reasonable time. Read a book or listen to a story to help you relax. NHS Recommends you get this much sleep: <table><tr><th>Age:</th><th>Hours Per Night:</th></tr><tr><td>5 Years Old</td><td>11 hours</td></tr><tr><td>6 Years Old</td><td>10 hours 45 mins</td></tr><tr><td>7 Years Old</td><td>10 hours 30 mins</td></tr><tr><td>8 Years Old</td><td>10 hours 15 mins</td></tr><tr><td>9 Years Old</td><td>10 hours</td></tr><tr><td>10 Years Old</td><td>9 hours 45 mins</td></tr><tr><td>11 Years Old</td><td>9 hours 30 mins</td></tr><tr><td>12 Years Old</td><td>9 hours 15 mins.</td></tr></table>	Age:	Hours Per Night:	5 Years Old	11 hours	6 Years Old	10 hours 45 mins	7 Years Old	10 hours 30 mins	8 Years Old	10 hours 15 mins	9 Years Old	10 hours	10 Years Old	9 hours 45 mins	11 Years Old	9 hours 30 mins	12 Years Old	9 hours 15 mins.
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This is a guide timetable and reflects structure and routine that might work for your child. Getting the right routine and structure is different for every family. Make it work for you.



REMEMBER TO KEEP WASHING THOSE HANDS!

