












## Suggested Timetable

Before 9AM	Wake Up	 Wake Up	
9:00	Morning Exercise	 Exercise	<a href="#">PE with Joe (YouTube)</a> , <a href="#">Music by Movement</a> or <a href="#">Indoor Gross Motor Skill challenges</a>
10:00	Learning Time	 Learning	Work through your college study pack
11:00	Creative Time	 Creative	<a href="#">Make a Bird Feeder</a> , <a href="#">Breakfast Club</a> or <a href="#">Chocolate Making</a>
12:00 (midday)	Lunch	 Lunch	
12:30	Housework / Chores	 Chores	Vacuuming, cleaning the sink, wiping the table etc
1:00	Quiet Time	 Quiet	Try not to use electronics (such as tablets, phones, computers)
2:00	Learning Time	 Learning	Work through your college study pack
3:00	Afternoon Exercise	 Exercise	<a href="#">Bug Hunt Activity</a> in your garden, <a href="#">outdoor learning</a> , <a href="#">outdoor scavenger hunt</a>
4:00	Creative Time	 Creative	<a href="#">Sensory Exploration</a> , <a href="#">making slime</a> , <a href="#">Easter crafts</a> or <a href="#">fine motor skills</a>
5:00	Dinner	 Dinner	