

Structured Timetable

9:00

Up,
dressed and
ready for the
day – including
having a
healthy
breakfast



9:00
↓
9:20

Reading



9:20
↓
9:45

Free time



9:45
↓
10:30

Focused
learning
activities



10:30
↓
11:00

Free time



11:00
↓
12:00

Focused
learning
activities



12:00

Lunch



1:00
↓
1:30

Choose a
topic or
activity to
research/
explore
together

less structured Timetable



Up, dressed and ready for the day – including having a healthy breakfast



Reading or walk



Focused activity

1



Free choice



Focused activity

2



Creative time (Lego, colouring etc)



Focused activity

3



Board games together



Lunch – perhaps encourage your child to help prepare the food!



Focused activity

4



Free choice



Physical activity: playing outside, family fitness session, a walk to the park



Focused activity

5



Baking



Focused activity

6



Free choice

