

Please make sure your child is participating in a range of activities including exercise and outdoor family activities such as going for a walk (whilst this is permitted). You may find the following structure helpful to organise your day.

You may also like to keep a diary, folder or 'scrap book' sharing your day.

Breakfast time	Morning	lunchtime	Afternoon	Dinner time	Evening	Bedtime
Get up, get dressed, make your bed, eat your breakfast	Family walk or physical exercise activity. Choose 2 home learning activities, one of these to be phonics.	Help to get lunch ready or prepare the table. Help to complete an appropriate chore around the house.	Read reading book or a similar book from Oxford Owls E-book selection. Choose 1 home learning activity.	Afternoon fresh air a bike ride, play in the garden	Down time, watch TV, relax, bath	Continue good bedtime routines