**A suggested COVID-19 KS1/2 Daily Schedule**

(Purple writing are website suggestions –most offering free subscriptions)

Before 9am –Wake up

It is good to keep a routine going. Eat breakfast, make your bed, get dressed and your usual routine.

9 - 10am – Reading activity and morning physical activity.

Reading – readtheory/ Twinkl comprehensions/BBC Bitesize/ Oxford Owl. Also just reading aloud and discussing texts!

PE- Activekidsdobetter/ yoga/ 5 a day/ YouTube/ GoNoodle

Walk, play ball, children love copying adult workouts.

10 - 11am – Writing activities –Twinkl / Oxford Owl/ story writing/ poetry/diary writing.

11 - 12am – Maths –Doodlemaths / TTrockstars/ Sum dog/ Twinkl/ Topmarks/ ICT Games

12 - 1:30pm – Lunch, chore time and movement break.

Help with house chores/ give adults time to get on with work/ help keeping siblings busy.

1:30 - 4pm –Non-Core subjects –History, Geography, Religion, PSHE, Computing, Art and Design Technology and Science

DiscoveryEducation/ Seesaw (create content)/ SCRATCH/ Twinkl/ BBC Bitesize

Getting adult work done is fine for this time too

(1:30pm – 4pm).

Children can/should do these alone to encourage independence and problem solving.

Remember to have movement breaks and no more than 3hours of electronics (half an hour at a time with breaks not including TV time). Have as much fresh air and family time as you can. Encourage communication between classmates.

Time to chat and share how we are feeling is important.