**Suggested Home Daily Routine**

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| **8.40 – 9.00** | Breakfast and tidy up |
| **9.00 – 9.30** | Physical activity e.g. Joe Wicks PE, ‘Cosmic Kids (yoga)’, ‘Super Movers BBC’ |
| **9.30 – 10.15** | Maths/phonics/reading/writing (from home learning) |
| **10.15 – 10.45** | Break |
| **10.45 – 11.45** | Maths/ phonics/reading/writing (from home learning) |
| **11.45 – 12.45** | Lunch and tidy up |
| **1.00 – 3.00** | * Walk/run/cycle
* Cooking
* Home learning Activities (science, history, art, music, geography)
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