

A suggested daily schedule - Year 5

Time	Activity	What this means
Before 9am	Wake up	Eat breakfast, get dressed, make your bed, put your PJs away neatly etc.
9am - 10am	Morning Exercise	Walk the dog, PE with Joe Wicks, Yoga, Run around the block etc.
10am - 11am	Academic Time	(No electronics) - Early morning maths, reading comprehension, English task, spelling practice etc
11am - 12pm	Creative Time	Art, DT, Science, Topic etc
12pm - 1pm	Lunch	Eat something healthy and delicious
1pm - 2pm	House Chores	Wipe the kitchen table, load the dishwasher, tidy your bedroom, Hoover the sitting room, do some ironing etc. (Ask Mum/Dad what she/he needs help with)
2pm - 3pm	Quiet Time	Reading, puzzles, afternoon snoozzzzzzzz
3pm - 4pm	Academic Time	Sumdog (maths & spelling), Mathletics, SPaG.com
4pm - 5pm	Afternoon Playtime	Go on a bike ride, walk the dog, play in the garden. Fresh air is important!
5pm - 6pm	Tea Time	Eat something healthy and delicious (could you help prepare it?)
6pm - 8pm	Free Time	TV, games etc - Bath/shower time is included in this period!
7.30pm	Bedtime	All children
8.00pm	Bedtime	All children who follow the daily schedule