

## A suggested daily schedule - Year 5

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