

Example weekly planner for Primary School-age children

	9am	9.30am	10am	10.30am	11am	11.40am	12pm	1pm	1.30pm	2pm
MONDAY	PE with Joe Wicks	Online learning/worksheets	Spellings and Reading	Play time and snack time	Art & crafts – drawing/junk modelling	Online educational videos	Lunch and play time	Online learning/worksheets	Den building	Golden time
TUESDAY	PE with Joe Wicks	Online learning/worksheets	Spellings and Reading	Play time and snack time	Baking/fun with food	Online educational videos	Lunch and play time	Online learning/worksheets	Music time and Mini disco	Golden time
WEDNESDAY	PE with Joe Wicks	Online learning/worksheets	Spellings and Reading	Play time and snack time	Massage and meditation/yoga	Online educational videos	Lunch and play time	Online learning/worksheets	Lego challenge	Golden time
THURSDAY	PE with Joe Wicks	Online learning/worksheets	Spellings and Reading	Play time and snack time	Around the world – flags, facts, music, language	Online educational videos	Lunch and play time	Online learning/worksheets	Gardening/bug hunt	Golden time
FRIDAY	PE with Joe Wicks	Online learning/worksheets	Spelling test and Reading	Play time and snack time	Science Experiments	Online educational videos	Lunch and play time	Online learning/worksheets	Bingo – numbers, animals etc	Golden time

- The day doesn't need to be filled with classroom-style learning – most of us are not school teachers!
- Include some learning set by school, or other learning that suits your child.
- Encourage your child to read independently, to you or to a sibling each day (or video call and read to Grandparents!)
- Keep the days varied, and stick to your timetable – children like routine and knowing what is coming next.
- It's ok to let children use laptops and tablets, but monitor the content and ensure they take regular breaks to move if a lot of their work is online.

Other ideas to fill the timetable:

Practice a musical instrument	Card games	Singing	Write letters to isolated neighbours/family	House chores	Obstacle course	Make up a dance routine	Play 'shop' or 'café'
Physical Activity bingo	Board games	Jigsaws	Prepare a lesson to teach parents	Hide and seek	Guess the object in the bag	Learn a new language	Play I-spy

My Weekly Planner

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THURSDAY										
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