

DAILY TIMETABLE

Unsure of how to structure the day for your child? Below is a suggested timetable showing how time can be organised into blocks for different activities.

Before 9am	Get up, have breakfast, make your bed, tidy your room maybe watch some TV.
9am-9.30am	Wake up activities.
9.30am-11am	Academic time - Work set by school, active learning, online resources, reading a variety of materials.
11am-12pm	Creative time - LEGO, drawing, craft, music instrument practice, play music, cooking or baking.
12pm-1pm	Lunchtime.
1pm-2pm	Physical activities - housework, gardening, cleaning.
2pm-3.30pm	Academic time - Work set by school, active learning, online resources, reading a variety of materials.
3.30pm-4.30pm	Afternoon fresh air, take a walk, try some PE and sports skills activities.
4.30pm-5.30pm	Free time, electronic gadgets, Facetime friends and family, play board games.
5.30pm-6.30pm	Evening meal, help prepare, set the table and wash up.
6.30pm until Bedtime	Watch TV & free time before bed.

This is taken from <https://www.aspire-sports.co.uk/aspire-active-hub> if you visit the website, you can click on each section and it has a range of activity suggestions.