

## Set up your family's daily plan:

Wake-Up Time: \_\_\_\_\_

Breakfast: \_\_\_\_\_

Lesson 1: \_\_\_\_\_

Play: \_\_\_\_\_

Lesson 2: \_\_\_\_\_

Lunch: \_\_\_\_\_

Reading (20 Minutes): \_\_\_\_\_

Games: \_\_\_\_\_

Me Time (free time): \_\_\_\_\_

Tea: \_\_\_\_\_

Play: \_\_\_\_\_

Bath, Teeth, Book & Bed: \_\_\_\_\_

**Why?** Children need routines to keep them healthy and happy. Late nights and sleeping in will lead to poor behaviour.

Also, getting the children to bed at a reasonable time means you can have some grown up time.




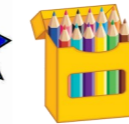
## Prevent Gadget Zombies!

Maximum time: 1 hour a day.

No Work = No Screen Time



## Every day we will:

 Read 20 Starjumps	 Write 20 Press-Ups	 Maths 20 Sit-Ups	 Colour 30 Secs Running on the Spot
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## This plan belongs to: (Use this space to make a picture of your family)

## Stay Active! Keep Busy!

<i><b>In the Garden</b></i>	<i><b>In the House</b></i>	<i><b>With Wi-Fi</b></i>
Hop Scotch	Musical Statues	Go Noodle
Skipping	Balloon Volleyball	Youtube: Cosmos Kids Yoga
Hide & Seek	Follow the Leader	Youtube: Move to Learn
Tag/Touch	Simon Says	Youtube: Dance Sweat Live
Obstacle Course	Find 5 Things Beginning with...	Youtube: The Learning Station
Crab Football	Find 5 Things you Cook with...	Youtube: Just Dance
Races	Create a Challenge Jar with Paper Slips	Change 4 Life: 10 Minute Shake Up Game
Plant some seeds and look after them	Build a Fort	Youtube: Have Fun Teaching
Build a Den	Balancing	Youtube: Debbie Doo

Can you think of any of your own ideas? List them below:

*If you need help with learning at home, please contact your child's class teacher using the Class Dojo messaging service*

 20 SEC Wash your hands	 Use a tissue for coughs	 Avoid touching your face
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