



The Trent-Rylands Federation



This is only a guideline and needs to be adapted according to your child's age and individual needs. We hope this helps!

Before 8.00	Wake up	Make your beds, get ready, eat your breakfast.
9.00 – 9.30	Exercise / Fresh air time	This can be to music inside or out in the back garden if possible.
9.30 – 10.30	Learning time – English focus	Use of the pack sent by school, recommended web sites.
10.30 – 11.30	Break	TV/Exercise/Reading/Technology
11.30 – 12.00	Learning time – Maths focus	Use of the pack sent by school, recommended web sites.
12.00 – 12.30	Lunch	
12.30 – 1.00	Chore time	Tidy bedroom, hoovering, wiping surfaces.
1.00 – 2.00	Quiet time	Reading, puzzles, colouring, sleep.
2.00 – 3.00	Creative Time	Lego, drawing, craft activities, cooking.
3.00 – 4.00	Exercise / Fresh air time	This can be to music inside or out in the back garden if possible.
4.00 – 5.00		
5.00 – 5.30	Dinner	
	Normal family time	
7.00 – 8.30	Bed time	
7.30 – 9.00	Bed time for children who follow the daily schedule	