



ALL SAINTS  
MULTI ACADEMY TRUST  
ESTABLISHED 1974  
GOD'S LOVE IN ACTION

# Suggested school closure daily timetable

<b>Before 9am</b>	<b>Wake up</b>	<ul style="list-style-type: none"> <li>• Eat breakfast</li> <li>• Make your bed</li> <li>• Get washed and dressed.</li> </ul>
<b>9-10am</b>	<b>Active time</b>	Walk the dog, play in the garden , Go noodle <a href="https://www.gonoodle.com/">https://www.gonoodle.com/</a> Change for life <a href="https://www.nhs.uk/10-minute-shake-up/shake-ups">https://www.nhs.uk/10-minute-shake-up/shake-ups</a> SING a song, Play an instrument!
<b>10am-12.00pm</b>	<b>Academic time</b>	Learning Projects work: <ul style="list-style-type: none"> <li>• Maths Task</li> <li>• Reading Task</li> <li>• Phonics Task</li> <li>• Writing Task</li> <li>• Project Task</li> </ul>
<b>12.00pm</b>	<b>Lunch time</b>	<b>Enjoy!</b>
<b>12.30-1pm</b>	<b>Help around the house!</b>	<ul style="list-style-type: none"> <li>• Wash the dishes</li> <li>• Tidy up</li> <li>• Help around the house</li> </ul>
<b>1-2pm</b>	<b>Quiet time</b>	Reading, colouring, nap time, play a board game with your family, Lego, jigsaws etc..
<b>2-3.30pm</b>	<b>Academic time</b>	Learning Projects work: <ul style="list-style-type: none"> <li>• Maths Task</li> <li>• Reading Task</li> <li>• Phonics Task</li> <li>• Writing Task</li> <li>• Project Task</li> </ul>
<b>3.30-4.30pm</b>	<b>Active Challenge</b>	Get active – doing the daily mile in your garden
<b>4.30-5 pm</b>	<b>Help around the house!</b>	<ul style="list-style-type: none"> <li>• Help prepare dinner</li> <li>• Tidy up</li> </ul>
<b>5-6pm</b>	<b>Dinner time</b>	<b>Enjoy!</b>
<b>6-8pm</b>	<b>Free time</b>	<b>TV, computer, tablet, board games, read a story before bed time, jigsaws etc..</b>
<b>From 7pm</b>	<b>Bed time</b>	<b>Good night!</b>