













## Prestwood Campus – What Your Day Could Look Like! Daily Schedule

8.30 (or before!)		Wake up	Eat breakfast- get it yourself or help to prepare it. Get dressed, brush your teeth and make sure your room is tidy. Start the day in the right way!
9.00- 9.30		Active time ideas	<ul style="list-style-type: none"> <li>• Do a Joe Wicks live workout</li> <li>• Play outside in the garden</li> <li>• Noodle! <a href="https://family.gonoodle.com/">https://family.gonoodle.com/</a> - lots of fun workout/dance videos which the children can follow along to.</li> <li>• Cosmic Kids Yoga is a great resource with child friendly yoga sessions to follow at home - <a href="https://www.youtube.com/user/CosmicKidsYoga">https://www.youtube.com/user/CosmicKidsYoga</a></li> <li>• BBC Teach have a whole selection of 'Let's Keep Active' videos to watch and follow. They're short and for ages 5-11 - <a href="https://www.bbc.co.uk/teach/class-clips-video/physical-education-ks1-ks2-lets-get-active/z72yjhv">https://www.bbc.co.uk/teach/class-clips-video/physical-education-ks1-ks2-lets-get-active/z72yjhv</a></li> </ul>
9.30-10.00		Online learning	Check Microsoft Teams for work set by your teachers or join the live online lesson. Join Mrs Sweetland or Mrs Devine depending on your class and time slot.
10.00 – 10.30		Break	Have a drink (try to be healthy) and get ready for the next session!
10.30 – 11.00		Online learning	Check Microsoft Teams for work set by your teachers or join the live online lesson. Join Mrs Sweetland or Mrs Devine depending on your class and time slot.

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11.00 – 11.15		Break	Have a drink (try to be healthy) and get ready for the next session!
11.15 – 12.15		Online learning	Check Microsoft Teams for work set by your teachers. <ul style="list-style-type: none"> <li>• Bake off – check out Mr Crook’s homework online</li> <li>• Enterprise projects - Check out Mr Rowe’s homework online</li> <li>• Gardening – check out Mr Richardson’s homework online</li> <li>• D of E – check out Mr Richardson’s DofE homework online</li> <li>• Worx – check out Mr Twining’s homework online</li> <li>• Taking care of yourself – check out Miss Fessey’s online work</li> <li>• Art – check out Ms Sach’s online homework</li> </ul>
12.15 – 1.15		Lunch	Help prepare the lunch - eat together if you can, then have some chill out time!
1.15-2.30		Creative Time Choose 1 each day, or spend more time if you want to!	There are loads of activity ideas online, some links below, or you use any work set by Miss Sach. <a href="https://www.thelightbox.org.uk/">https://www.thelightbox.org.uk/</a> <a href="https://www.happinessishomemade.net/">https://www.happinessishomemade.net/</a>
2.30 – 2.45		Mindfulness/Sensory activity	See suggested sensory activity online for ideas. Mindfulness: Search for guided videos online e.g. <a href="https://www.youtube.com/watch?v=Bk_qU7l-fcU">https://www.youtube.com/watch?v=Bk_qU7l-fcU</a>
2.45-3.15.		Jobs	Ask your parent/carer what you can do to help out- empty the dishwasher, tidy up, help change your sheets etc
3.15 onwards		Fresh air/Chill Out Time	Make sure you have 1 trip outside every day for fresh air!