

Suggested Timetable for Staff and Parents

Parents and carers please take into account

- Children learn better in the morning
- Have regular breaks in between activities, away from computers, learning areas and if possible outside and physical activities for example Fitter Futures

KS2 (ages 7-11)

	30 minutes – 1 hour	30 minutes – 1 hour	15 minute break	30 minutes – 1 hour	Hour for lunch and activities	30 minutes – 1 hour	
Monday	Reading	Writing	15 minute break	Maths	Hour for lunch	Science	Science
Tuesday	Reading	Writing	15 minute break	Maths	Hour for lunch	Geography	Geography
Wednesday	Reading	Writing	15 minute break	Maths	Hour for lunch	History	History
Thursday	Reading	Writing	15 minute break	Maths	Hour for lunch	Computing	Music/personal development
Friday	Reading	Writing	15 minute break	Maths	Hour for lunch	RE	Art

KS 1 (Year 1 and 2)

	30 minutes – 1 hour	15 minute break	30 minutes – 1 hour	Hour for lunch	30 minutes – 1 hour	
Monday	Phonics – reading and writing	15 minute break	Maths	Hour for lunch	Science	Science
Tuesday	Phonics – reading and writing	15 minute break	Maths	Hour for lunch	Geography	Geography
Wednesday	Phonics – reading and writing	15 minute break	Maths	Hour for lunch	History	History
Thursday	Phonics – reading and writing	15 minute break	Maths	Hour for lunch	Computing	Music/personal development
Friday	Phonics – reading and writing	15 minute break	Maths	Hour for lunch	RE	

EYFS (Nursery and Reception)

Young children need regular breaks from formal learning and should be learning thorough play. Their learning will not be restricted to one subject at a time but will likely cover many different aspects at once. Encourage young children to think and solve problems on their own resist the temptation to show or tell them, they need to fail and figure things out for themselves in order to learn.

	15 -30 minutes	15 -30 minutes	Other activities that could include:
Monday	Phonics – reading and writing	Maths	Cooking/nature walks/den building/role play with toys/ puzzles/construction toys/arts and crafts/turn taking games.
Tuesday	Phonics – reading and writing	Maths	
Wednesday	Phonics – reading and writing	Maths	
Thursday	Phonics – reading and writing	Maths	
Friday	Phonics – reading and writing	Maths	