

	9:00 – 9:30	9:30 – 10:30	10:30 – 11:00	11:00 – 12:00	12:00 – 1:00	1:00 – 2:00	2:00 – 2:30	2:30 – 3:00
Monday	Wake and shake (Go Noodle)	Maths	Healthy Snack	RWI/English	Lunch	Topic/Art/Drama or Music	Handwriting	Help around the house
Tuesday	PE (Joe Wicks workout)	Maths	Healthy Snack	RWI/English	Lunch	Topic/Art/Drama or Music	Fizzy	Outside Time
Wednesday	Wake and Shake (Just Dance)	Maths	Healthy Snack	RWI/English	Lunch	Topic/Art/Drama or Music	Handwriting	Help around the house
Thursday	Yoga (Cosmic kids)	Maths	Healthy Snack	RWI/English	Lunch	Think outside the box Thursday	PE HITs circuit training	Outside Time
Friday	Wake and Shake (Koo Koo Kanga Roo)	Maths	Healthy Snack	RWI/English	Lunch	Topic/Art/Drama or Music	PE (Jo Wicks workout)	Help around the house