

	9:00 – 9:15	9:15 – 9.30	9.30 – 11:00	11:00 – 12:00	12:00 – 1:00	1:00 – 2:00	2:00 – 2:30	2:30 – 3:00
Monday	Morning workout / wake and shake	Healthy snack and drink	RWI/English	Maths	Lunch	Topic / RE Drama / Music	Handwriting	Art / craft
Tuesday	Morning workout / wake and shake	Healthy snack and drink	RWI/English	Maths	Lunch	Topic /RE Drama / Music	Fizzy - clever hands activity	Outside Time / workout
Wednesday	Morning workout / wake and shake	Healthy snack and drink	RWI/English	Maths	Lunch	Topic / RE Drama / Music	Handwriting	Mindfulness
Thursday	Morning workout / wake and shake	Healthy snack and drink	RWI/English	Maths	Lunch	Topic / RE Drama / Music	Fizzy - clever hands activity	Outside Time / workout
Friday	Morning workout / wake and shake	Healthy snack and drink	RWI/English	Maths	Lunch	Topic / RE Drama / Music	Handwriting	Art / craft