











James Elliman Academy

Home Learning Timetable

Before 9.00 	Wake Up	Eat Breakfast, make your bed, get dressed.
9.00 	Morning Exercise	Take a walk, skipping, 10-minute workout on GoNoodle's.
10.00 	Learning time	Pick one of the following: Maths, Reading, Writing or Phonics.
11.00 	Creative Time	Pick an activity from the creativity section or science pack.
12.00 	Lunch time	Have your lunch
12.30 	Chore Time	Wash-up, wipe the door handles, Hoover, dust.
1.00 	Quiet Time	Reading, puzzles, nap, TV.
1.30 	Learning Time	A different one of the following: Maths, Reading, Writing or Phonics.
2.30 	Fresh Air	Play outside with a ball, bike, scooter, gardening.
3.00 	Free time	Watch a film, play a board game, play with toys, technology time.