

HOMESCHOOL TIMETABLE

Time	Activity	Options / Notes
Get-up - 7:30	Get going	Breakfast and family time. No technology.
7:30 - 9:00	Morning routine	Get dressed, bathroom routine, morning chores, get school resources ready. Free time.
9:00 - 10:20	Schoolwork	Lessons assigned by teacher.
10:20 - 10:40	Recess break	DON'T FORGET: fruit, snack, drink, stretch, fresh air.
10:40 - 12:00	Schoolwork	Lessons assigned by teacher. Once they are complete, read.
12:00 - 12:30	Lunch	DON'T FORGET: meal, drink, stretch, fresh air.
12:30 - 1:00	Life Skills CHOOSE ONE OF THE FOLLOWING OPTIONS:	Put on load of washing/hang/fold Vacuum/mop floors Clean mirrors/bathrooms Dust doors Weed garden Vacuum car, clean interior, wash exterior Clean out fridge Clean benchtops and cupboard doors Budget and make a shopping list
1:00 - 2:30	Get creative CHOOSE ONE OF THE FOLLOWING OPTIONS:	Be a photographer - experiment with the camera Write a letter to send in "snail mail" - Grandma will LOVE this! Masterchef - what's in the box? Choose a recipe to make Create a Lego city Learn how to draw using online tutorial Play an instrument Learn how to cross-stitch Make a treasure hunt for each other Write a blog post to keep family/friends updated
2:30 - 3:00	Health and wellbeing CHOOSE ONE OF THE FOLLOWING OPTIONS:	Smiling Mind meditation (download app) Colouring in (as meditation) Play table tennis/pool Go rollerskating/rollerblading in the yard Practise yoga Practise netball skills (or sport of your choice) Learn a new dance
3:00 - 3:30	Read	Non-negotiable dedicated reading block
3:30 - 4:30	iPad hour	Connect with friends on FaceTime Play games
4:30 - 5:30	Free time	TV, but no iPad Any other activity of choice Take a walk/bike ride as a family
5:30 - 6:00	Evening routine	Showers Chores