

EYFS Suggested Timetable

		Internet	OR	No Internet
Before 9:00	Wake Up	Eat breakfast, make your bed, get dressed		
9:00-9:30	Morning Exercise	Go Noodle- https://family.gonoodle.com/ P.E. activities https://www.afpe.org.uk/physical-education/thisispe-supporting-parents-to-teach-pe-at-home/ P.E. with Joe Wicks – Youtube Just dance- Youtube School challenge on TPS FaceBook page	or	How many laps of your garden can you do in a minute? Play ball games
9:30-10:00	Phase 1 Phonics Listening Games	Play Phonic Games Phonicsplay.co.uk	or	Play i-spy Play musical bumps or statues Listen to some music
10:00-11:00	Choosing time	Let your child choose what they would like to play with from their selection of toys/activities at home. If you have access to a garden, you could incorporate some outside play.		
11.00 – 11.30	Maths	White Rose Home Learning		
11.30 – 12.00	Creative Time	Lego, cooking, craft, junk modelling, practise your instrument, draw/paint a picture, collage		
12:00-1:00	Lunchtime	Ask if you can help: set the table, prepare lunch, wash the lunch plates, wipe down the table, tidy one room in your house		
1:00-1:30	Quiet time	Reading, Puzzle, colouring or a nap		
1:30-2:00	Learning time	Activity from Mini Mash	or	Choose an activity from the '100 things to do indoors' activity list
2:00-3:00	Choosing time	Let your child choose what they would like to play with from their selection of toys/activities at home. If you have access to a garden, you could incorporate some outside play.		
3:00-3:15	Story time	Choose a story and choose somewhere cosy to read it together, asking questions as you go to check your child's understanding. Listen to a story together and discuss it afterwards https://authorfy.com/		
3:15 – 4:30	Now you have worked hard go and have some fun and get some exercise!	Bikes, play outside, gardening If wet- yoga or wake and shake		

100 Things to do indoors

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1. Make non-cook playdough, then have a Dough Disco
2. Paint 'our families' portrait
3. Write and make a book
4. Draw flowers or the fruit bowl
5. Learn some laughter yoga www.robertrivest.com
6. Finger paint
7. Make a band from kitchen pots and pans
8. Footprint paint
9. Have a dance alarm every 30 minutes
10. Have a karaoke
11. Send a video message to family and friends to get them busy
12. Have a birthday party for a pet or cuddly toy
13. Have an indoor picnic
14. Discover your favourite story and share it together
15. Order books alphabetically
16. Have an indoor treasure hunt
17. Dress up in adult shoes
18. Find a fairy door in your house or garden
19. Do the Hokey Cokey
20. Take a selfie through a toilet roll tube and pretend you are on the moon



21. Make cards for everyone at home
22. Get some sheets to flap and pretend they are the waves and jump in
23. Make cakes
24. Get material or cardboard and make mermaid or merman's tails
25. Get all the chairs together and make a bus, play conductors and drivers
26. Make a camp in your bed
27. Make a dark den and use a torch
28. Write a letter to a neighbour or friend
29. Colour in a colouring book or draw a picture
30. Make wool or string hair over a chair
31. Have a pamper day
32. Have a crunched up paper fight (from recycling)
33. Make ice lollies with cordial and water
34. Make sandwiches in strange shapes
35. Make a pretend car from boxes/furniture
36. Learn a rhyme or poem
37. Make paper aeroplanes
38. Have a pirate adventure, make boats from boxes or furniture
39. Blow bubbles and catch them
40. Make a number frieze for the wall, decorate



41. Read Pirate George series available on Kindle
42. Make a papier mache sculpture over a balloon
43. Keep a balloon up in the air game
44. Play a board game
45. Play hide and seek
46. Play dominoes
47. Learn a card game
48. Make smoothies
49. Perform a puppet show
50. Make shadow puppets
51. Make finger/sock puppets
52. Choreograph a dance or learn a dance routine
53. Have an upside down meals day, lunch for breakfast etc.
54. Learn a sing-along for Spread the Happiness TV
55. Learn to cook something new
56. Learn Brilliant Beast Song on Spread the Happiness TV YouTube Channel
57. Leave happy notes all around the house
58. Make a fitness routine and put your family through their paces
59. Using vegetables, make characters
60. Dance and sing to Knees up Mather Brown



61. Play I spy
62. Open your windows and sing out a song
63. Learn Days of the Week Song
64. Play musical statues
65. Learn a Beatles song
66. Learn a Queen song
67. Make an indoor restaurant and serve your family
68. Have a toy's tea party
69. Roll balls down the stairs
70. Be superheroes with capes
71. Eat cereal with a gigantic spoon
72. Have an ice cream party
73. Enter an online competition to win a prize
74. Vacuum your home
75. Polish your home
76. Fold up sheets
77. Use a sheet as a parachute to fluff up and hide under and play parachute games
78. Make binoculars with toilet rolls and look out the window at the birds
79. Make yoghurt pot telephones
80. Make a junk model rocket as large as you can



81. Create a comedy show
82. Pretend to conduct an orchestra to music
83. Hike up your stairs like it is a mountain, so so high
84. Roll around a large space in your home
85. Hop around like a bunny
86. Learn to play sleeping bunnies
87. Learn and act out 5 Little Monkeys
88. Find as many collections of 10 things in your home as you can
89. Dance in the shower
90. Sing in the shower
91. Squirt shaving foam in your hands
92. Make a scrap book of your favourite things, people
93. Play Jack in the Box in a large cardboard box
94. Have a themed party
95. Stay up late to look at the stars with a night time picnic
96. Play apple bobbing
97. Jump on the bed
98. Bash a pinata
99. Do coin rubbing with paper and crayons
100. Play pass the parcel



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We hope you enjoy the ideas above and find the timetable helpful. We have put this together to give you some ideas on how to organise your day however you may choose to put your own timetable together that suits your family. We would like to see the learning activities completed and we ask that you continue reading EVERY DAY!

You may choose an activity from the '100 things to do indoors' if you would like to. Of course, there is no expectation for children to work if they are ill.

Many thanks and happy learning!