

DAILY SCHEDULE

YEAR 3

HERE IS A SUGGESTED SCHEDULE TO PLAN OUT A BALANCED DAY OF WORK, REST & PLAY

Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed
9:00 - 9:30	Exercise	Yoga, fitness activities, stretches
9:30 - 11:00	Academic time	Maths, English, word work, integrated studies
11:00 - 12:00	Creative time	Gardening, board games, drawing, craft, lego, cooking etc
12:00 - 12:30	Lunch	
12:30 - 1:00	Relaxation	Meditation and reading
1:00 - 3:00	Academic time	Religion, Health, Art, Italian, Music, Science, Sport
3:00 onwards	Family time	Games, inside and outside, reading, watch a movie, cook dinner etc