

Plan of the Day

The date:

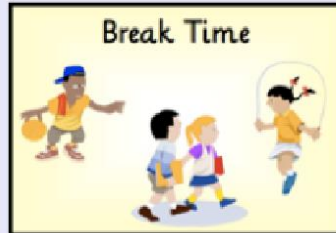
The weather is...



We need...

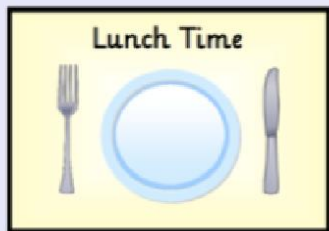


Morning



10.45 - 11.00

Afternoon



12.30 - 1.30

Plan of the Day



Fresh air

A red-bordered square containing a photograph of a clear blue sky with a few white clouds.


English

A yellow-bordered square containing a photograph of a hand writing on a notepad with a pen.

Mind time

A yellow-bordered square containing a photograph of a young girl sitting cross-legged on the floor, looking directly at the camera.

Exercise

A green-bordered square containing a photograph of a woman in a pink shirt and blue shorts running on a treadmill. A pink circular graphic with the text "5 MINUTE MOVE" is overlaid on the image.

Discovery

A blue-bordered square containing a colorful illustration of a science laboratory with various equipment like a microscope, beakers, and a test tube.

Reading

A purple-bordered square containing a photograph of a young girl sitting on the floor and reading a book.

Creative time

A red-bordered square containing a photograph of a hand drawing a detailed mandala on a piece of paper with a green pen.


Chores

A yellow-bordered square containing a grid of six small illustrations showing children performing different household chores: sweeping, taking out the trash, setting the table, cleaning the table, washing the dishes, and drying the dishes.

Chatting

A yellow-bordered square containing a speech bubble with the text "ARE YOU OK?" written inside.

Technology

A green-bordered square containing a photograph of a laptop, a tablet, and a smartphone.

Chill out

A blue-bordered square containing a photograph of a person lying on a sofa, resting their head on a pillow.













CBBC news

A purple-bordered square containing the CBBC Newsround logo.



Plan of the week

	Monday	Tuesday	Wednesday	Thursday	Friday
	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Morning					
	Lunch	Lunch	Lunch	Lunch	Lunch
Afternoon					
	Tea	Tea	Tea	Tea	Tea

 <p>Fresh air</p>	 <p>English</p>	 <p>Mind time</p>	 <p>Exercise</p>	 <p>Discovery</p>	 <p>Reading</p>	
 <p>Creative time</p>	 <p>Chores</p>	 <p>Chatting</p>	 <p>Technology</p>	 <p>Chill out</p>	 <p>CBBC news</p>	

Remember- Joe Wicks Daily PE streams live at 9.00am every day!