

Monday

Morning wake up routine:  
go to the toilet, wash your hands, brush your teeth, wash your face, get dressed and have your breakfast.

Monday challenge:  
check your class dojo app or Tapestry and have a go at the activity

Session 1: get active with Joe Wicks at 9am  
or  
Wingrove PE with John  
or  
Miss Chaudry's Yoga exercises

Session 2: enjoy a family activity together such as going for a safe walk outside (or playing in your garden/yard), singing your favourite song, cooking or baking with a grown up, creating a puppet show with your toys, watching a film or playing a game.  
Don't forget to tidy up!

Session 3: follow your bed time routine by going to the toilet, washing your hands, brushing your teeth and cleaning your face. Get ready for bed in your pjs and listen to a story.  
Relax before you go to sleep.  
Good night!

Tuesday

Morning wake up routine:  
go to the toilet, wash your hands, brush your teeth, wash your face, get dressed and have your breakfast.

Tuesday: check your class dojo app or Tapestry and have a go at the other activities

Session 1: get active with Joe Wicks at 9am  
or  
Wingrove PE with John  
or  
Miss Chaudry's Yoga exercises

Session 2: enjoy a family activity together such as going for a safe walk outside (or playing in your garden/yard), singing your favourite song, cooking or baking with a grown up, creating a puppet show with your toys, watching a film or playing a game.  
Don't forget to tidy up!

Session 3: follow your bed time routine by going to the toilet, washing your hands, brushing your teeth and cleaning your face. Get ready for bed in your pjs and listen to a story.  
Relax before you go to sleep.  
Good night!

Wednesday

Morning wake up routine:  
go to the toilet, wash your hands, brush your teeth, wash your face, get dressed and have your breakfast.

Wednesday challenge:  
check your class dojo app or Tapestry and have a go at the activity

Session 1: get active with Joe Wicks at 9am  
or  
Wingrove PE with John  
or  
Miss Chaudry's Yoga exercises

Session 2: enjoy a family activity together such as going for a safe walk outside (or playing in your garden/yard), singing your favourite song, cooking or baking with a grown up, creating a puppet show with your toys, watching a film or playing a game.  
Don't forget to tidy up!

Session 3: follow your bed time routine by going to the toilet, washing your hands, brushing your teeth and cleaning your face. Get ready for bed in your pjs and listen to a story.  
Relax before you go to sleep.  
Good night!

Thursday

Morning wake up routine:  
go to the toilet, wash your hands, brush your teeth, wash your face, get dressed and have your breakfast.

Thursday: check your class dojo app or Tapestry and have a go at the other activities

Session 1: get active with Joe Wicks at 9am  
or  
Wingrove PE with John  
or  
Miss Chaudry's Yoga exercises

Session 2: enjoy a family activity together such as going for a safe walk outside (or playing in your garden/yard), singing your favourite song, cooking or baking with a grown up, creating a puppet show with your toys, watching a film or playing a game.  
Don't forget to tidy up!

Session 3: follow your bed time routine by going to the toilet, washing your hands, brushing your teeth and cleaning your face. Get ready for bed in your pjs and listen to a story.  
Relax before you go to sleep.  
Good night!

Friday

Morning wake up routine:  
go to the toilet, wash your hands, brush your teeth, wash your face, get dressed and have your breakfast.

Friday challenge: check your class dojo app or Tapestry and have a go at the activity

Session 1: get active with Joe Wicks at 9am  
or  
Wingrove PE with John  
or  
Miss Chaudry's Yoga exercises

Session 2: enjoy a family activity together such as going for a safe walk outside (or playing in your garden/yard), singing your favourite song, cooking or baking with a grown up, creating a puppet show with your toys, watching a film or playing a game.  
Don't forget to tidy up!

Session 3: follow your bed time routine by going to the toilet, washing your hands, brushing your teeth and cleaning your face. Get ready for bed in your pjs and listen to a story.  
Relax before you go to sleep.  
Good night!

## Other information and links

Joe Wicks can be found at  
[https://www.youtube.com/playlist?list=PLyCLOPd4VxBtWi7RnRLz6qHgOqWiB\\_LrH](https://www.youtube.com/playlist?list=PLyCLOPd4VxBtWi7RnRLz6qHgOqWiB_LrH)

Wingrove PE can be found at  
<https://www.youtube.com/channel/UCGfk49ZiHl1rFSv3GL2k8Pg>

Online yoga videos can be viewed at  
[www.cosmickids.com](http://www.cosmickids.com)

Listen to and sing along with your favourite Nursery songs using YouTube and search simplesongs

You can upload photographs of anything extra you do at home with your family on the class dojo app or Tapestry. Videos can be uploaded to your own portfolio on class dojo.