

RPS Daily Schedule

Morning 9:00-11:00	Class Timetable Work 10:00– Fruit Break/Brain Break (10 minutes). Head to Storyline Online to listen to a story whilst you have your break. Do a Go Noodle or Just Dance.
Break 11:00-11:30	10-15 minutes eating time 15– 20 minutes free time with no screens
Middle 11:30-1:00	Class Timetable Work 1 x Brain break of Go Noodle or Just Dance (5 minutes)
Break 1:00-1:15	Eating Time
Break 1:15-1:45	Play– no screens
Afternoon 1:45-3:00	Class Timetable Work
Afternoon 3:00-3:30	Afternoon Tea
Evening 3:30-6:00	Free play without devices. Suggestions include: Cooking and baking, Lego, building blocks, drawing, crafting, playing or listening to music, imaginative play, outdoor activities (skipping, ball games, hula hooping, bike ride), gardening.
Evening 6:00-7:00	Dinner and bath/shower time.
Evening 7:00-8:00	Free time
Night 8:00/9:00	BEDTIME– 8:00 for all kids or 9:00 for all kids who have followed the daily schedule and don't fight