

PRAGATHI CENTRAL SCHOOL
Time Table for Grades II, III & IV till 31st March 2020

Sl	Timings	Daily Schedule
1	06:00 - 07:00am	Wake up time
2	07:00 - 07:10am	Brushing teeth and drink luke warm water
3	07:10 - 07:30am	Learning tables 1 to 9 (Grade II - 1 to 9 tables, Grade-III & IV - 1 to 12 tables)
4	07:30 - 08:00am	Physical Activity - Video will be posted tomorrow on youtube kids (Link will be sent by sms) & also keep a bowl of water for birds without fail
5	08:00 - 08:15am	Bath
6	08:15 - 08:45am	Breakfast
7	08:45 - 09:30am	Washing vegetables & help mom wherever required
8	09:30 - 11:00am	Study hour-Video lesson will be posted on youtube kids (Link will be sent by sms) After listening to the lesson, learn the new words & answer the questions behind the lesson from the text book.
9	11:00 - 11:30am	Music time - *You are my sunshine, *Wash your hands (Must learn to sing this songs within a week) Link: https://www.youtube.com/watch?v=fpJXLNO6MF4 Link: https://www.youtube.com/watch?v=wrF1e6boNbc
10	11:30 - 12:30pm	T.V.time / Play time
11	12:30 - 01:30pm	Lunch time - No, TV / Gadgets while having lunch.
12	01:30 - 03:30pm	Nap time (Compulsory)
13	03:30 - 03:45pm	Fresh up
14	03:45 - 04:00pm	Practise 5 new words using non dominant hand
15	04:00 - 04:15pm	Story time- Listening to a story and learning its vocabulary (Link will be sent by sms)
16	04:15 - 05:00pm	Study hour-Video lesson will be posted on youtube kids (Link will be sent by sms) After listening to the lesson, learn the new words & answer the questions behind the lesson from the text book.
17	05:00 - 05:15pm	Watering plants
18	05:15 - 06:30pm	Dance -Video will be posted tomorrow on youtube kids (Link will be sent by sms) (Practise for 1 week and learn the dance. Do it without seeing after 1 week).
19	06:30 - 07:30pm	T.V.time / Play time
20	07:30 - 08:00pm	Dinner time (Help mom in arranging the plates & after having dinner place your plate in the wash basin).
21	08:00 - 08:10pm	Brushing
22	08:10 - 09:00pm	Family time
23	9:00pm	Bed time

Note:

1. Class teachers will make phone calls to the parents once/twice a week to check if the students are following the schedule given. Kindly send an email to principal@pcs.net.in or principal.pragathi@gmail.com to share your views.

2. Videos related to subjects, physical activity, lifeskills, music and dance will be uploaded on 'youtube kids'. The link will be shared through sms and here on the school website, www.pragathicentralschool.com tomorrow (19-03-2020) by 5pm.