

**PRAGATHI CENTRAL SCHOOL**

**Time Table for Grades VII & X till 31st March 2020**

SI	Timings	Daily Schedule
1	06:00 - 07:00am	Wake up time
2	07:00 - 07:10am	Brushing teeth and drinking water luke warm water
3	07:10 - 07:30am	Learning tables 6 to 20 (You must be able to recall without seeing)
4	07:30 - 08:00am	Physical Activity. Video lesson will be posted on <b>youtube kids</b> (Link will be sent by SMS). Keep a bowl of water for birds without fail.
5	08:00 - 08:15am	Bath
6	08:15 - 08:45am	Breakfast (No TV / Gadgets)
7	08:45 - 09:30am	Washing vegetables & help Mom/Dad 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	Practice how to sew a button by hand. Link : <a href="https://www.youtube.com/watch?v=MmcEF2GR584">https://www.youtube.com/watch?v=MmcEF2GR584</a>
10	11:30am - 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; ensure that students must have the nap without fail)
13	03:30 - 03:45pm	Fresh up
14	03:45 - 04:00pm	Practise 5 new words using non dominant hand
15	04:00 - 05:00pm	Reading time (Read 2 chapters a day from the English Novel)
16	05:00 - 05:15pm	Watering plants
17	05:15 - 06:30pm	Dance time -Video will be posted on 19-03-2020 on <b>youtube kids</b> (Link will be sent by SMS) (Practise for 1 week and learn the dance. Do it without seeing after 1 week).
18	06:30 - 07:30pm	T.V.time / Play time
19	07:30 - 08:00pm	Dinner time (Help mom in arranging the plates & keeping them in the wash basin after having dinner).
20	08:00 - 08:10pm	Brushing teeth
21	08:10 - 09:30pm	Spend time with family

22	9:30pm	Bed time
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**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](mailto:principal@pcs.net.in) or [principal.pragathi@gmail.com](mailto: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](http://www.pragathicentralschool.com) tomorrow (19-03-2020) by 5pm.