

PRAGATHI CENTRAL KIDS & JUNIORS

Time Table for PP-I, PP-II & Grade-I

Timings		Daily Schedule
1	06:00 - 07:30am	Wake up time
2	07:30 - 07:45am	Brushing teeth and drink lukewarm water
3	07:45 - 08:45am	Physical Activities (9min. Exercise for kids -Home Workout) Link : https://youtu.be/oc4QS2USKmk
4	08:45 - 09:00am	Bath
5	09:00 - 10:00am	Breakfast (After having breakfast place the plate in the wash basin)
6	10:00 - 10:30am	Play indoor games like, building blocks, lacing beads, make paper balls with old newspapers, colour your favourite picture, sorting pulses.
7	10:30 - 11:30am	Study hour - Video lesson will be posted on youtubekids (link will be sent by SMS). Learning tables from 1 to 5 (Grade-I)
8	11:30am - 12:30pm	TV Time / Play Time
9	12:30- 01:30pm	Lunch time - No, TV / Gadgets while having lunch.
10	1:30 - 3:30pm	Nap time (Compulsory)
11	03:30 - 04:00pm	Daily Chores (Arranging the Utensils, Folding their clothes, Arranging Books, News Papers & Toys in a proper place.
12	04:00 - 05:00pm	Dance -Video link will be sent tomorrow (Take 10 days to learn the dance. Do it without seeing after 10 days).
13	05:00 - 06:00pm	Watering Plants & Help mom in the kitchen like washing & Sorting vegetables
14	06:00 - 07:00pm	Rhyme time link http://padv.in/7H4KIEQ
15	07:00 - 08:00pm	Dinner time (Help mom in arranging the plates & after having dinner place your plate in the wash basin).
16	08:00 - 09:00pm	TV time / Play time
17	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 pincipal@pcs.net.in / principal.pragathi@gmail.com to share your views.
- 2) Videos related to subjects, Physical Activity, Life Skills, Music and Dance will be uploaded on "youtubekids", the link will be shared via SMS and here on the school website, www.pragathicentralschool.com tomorrow (19-03-2020) by 5:00pm.