

## TIME TABLE FOR GRADE-I : 2020-21

Timings		Daily Schedule
1	06:00 - 07:30am	Wake up time
2	07:30 - 07:45am	Brushing teeth & drinking lukewarm water. Keep a bowl of water to the birds in the balcony.
3	07:45 - 08:45am	Physical Activities : (New videos will be uploaded in school website)
4	08:45 - 09:00am	Bath time
5	09:00 - 09:30am	Breakfast (After having breakfast place the plate in the wash basin)
6	09:30 - 10:00am	Washing vegetables & help mom wherever required
7	10:00 - 11:00am	<b>Study Hour:</b> English, Math, EVS & 2 <sup>nd</sup> Language
	11:00 - 11:30am	Prepare & have lemonade at 11:00am
8	11:30am-12:30pm	TV Time / Play Time
9	12:30- 01:30pm	Lunch time – No, TV / Gadgets while having lunch. (Help mom in arranging the plates & after having lunch place your plate in the wash basin)
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	Learn Mother Tongue and practise 5 new words using non dominant hand
	05:00 - 05:15pm	Watering Plants
13	05:15 - 06:30pm	Dance -Video (New Videos will be uploaded in school website)
14	06:00 - 07:00pm	<b>Areas of Continuous Learning:</b> 1. How to be good and active listeners 2. Cucumber Salad 3. Commonly mispronounced English words
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 - 08:45pm	TV time / Play time
17	8:45 to 9:00 pm	Brushing
18	9:00pm	Bed time

**Note : Dear Parent, Make sure that your child completes the projects and worksheets.**

 **Happy Holidays** 