

Time Table for Grade-IV : 2020-21

Sl.No.	Timings	Daily Schedule
1.	06:00 - 07:00am	Wake up time
2.	07:00 - 07:10am	Brushing teeth & drinking lukewarm water. Keep a bowl of water to the birds in the balcony.
3.	07:10 - 07:30am	Learning tables 2 to 12
4.	07:30 - 08:00am	Physical Activity – (New videos are uploaded in school website)
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: English: 2 days Math: 2 days Science: 2 days Social: 3 days
9.	11:00 – 11:10am	Prepare and have lemonade at 11:00A.M.
10.	11:10 - 11:30am	Music time: Hindi: Nanha Munna Rahi Hoon https://www.youtube.com/watch?v=M1mVWZKFcUw Telugu Song: <u>Desam Manadey</u> https://www.youtube.com/watch?v=VGvdELLMbFE&feature=youtu.be
11.	11:30 - 12:30pm	T.V.time / Play time
12.	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)
13.	01:30 - 03:30pm	Nap time (Compulsory)
14.	03:30 - 03:45pm	Fresh up
15.	03:45 - 04:00pm	Learn Mother Tongue and practise 5 new words using non dominant hand
16.	04:00 - 04:15pm	Read and Listen the audio on Awareness of Covid 19 Vocabulary and Safety Measures
17.	04:15 - 05:15pm	Areas of Continuous Learning: 1. How to be good and active listeners https://www.youtube.com/watch?v=4L9luGNx-b8&feature=youtu.be 2. Cucumber Salad https://youtu.be/N9tws80LXDc 3. Cleaning a Comb https://youtu.be/2hTXVKttYMw 4. Commonly mispronounced English words https://youtu.be/wu5dBxXV2zA 5. Telephone Vocabulary https://youtu.be/IRalNtFtpBc https://youtu.be/MLhlaA0r_jI
18.	05:15 - 05:30pm	Watering plants
19.	05:30 - 06:30pm	Dance -Video (New Videos are uploaded in school website)
20.	06:30 - 07:30pm	T.V.time / Play time
21.	07:30 - 08:00pm	Dinner time - No, TV / Gadgets while having Dinner. (Help mom in arranging the plates & after having dinner place your plate in the wash basin).
22.	08:00 - 08:50pm	Family time
23.	08:50 - 09:00pm	Brushing
24.	9:00pm	Bed time

HAPPY HOLIDAYS