

Time Table for Grades VII : 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 6 to 20 (You must be able to recall without seeing)
4	07:30 - 08:00am	Physical Activity / Yoga Asanas (videos uploaded in school website)
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	Doing holiday H.W, Worksheets / Projects (2 subjects per day)
9	11:00 - 11:30am	Prepare & have lemonade
10	11:30am - 12:30pm	T.V. time / Watching English News
11	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)
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	Write 4 to 5 lines in your mother tongue using non-dominant hand.
15	04:00 - 05:00pm	Reading time (Read 2 chapters a day from the English Novel)
16	05:00 - 05:30pm	Watching news
17	05:30 - 06:30pm	Dance time (videos uploaded in school website)
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

Note :

- 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.

Happy Holidays