

## Time Table for PP-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 (9min. Exercise for kids -Home Workout) <a href="https://www.youtube.com/watch?v=oc4QS2USKmk&amp;feature=youtu.be">https://www.youtube.com/watch?v=oc4QS2USKmk&amp;feature=youtu.be</a>
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, making paper balls with old newspapers, colour your favourite picture, sorting pulses.
7	10:30 - 11:30am	Have lemonade at 11:00 am. Do the Given Projects. Reinforcement of videos link English, Math link. <a href="https://www.pragathicentralschool.com/vid_les/pp_1.html">https://www.pragathicentralschool.com/vid_les/pp_1.html</a> <a href="https://www.pragathicentralschool.com/vid_les_1/pp_1.html">https://www.pragathicentralschool.com/vid_les_1/pp_1.html</a>
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 - 04:30pm	Revise commonly mispronounced English words <a href="https://www.youtube.com/watch?v=wu5dBxXV2zA&amp;feature=youtu.be">https://www.youtube.com/watch?v=wu5dBxXV2zA&amp;feature=youtu.be</a>
12	04:30 - 05:00pm	Dance Practise (New Videos will be uploaded in school website)
13	05:00 - 06:00pm	Watering Plants & Help mom in the kitchen like washing & Sorting vegetables
14	06:00 - 07:00pm	Practise the given Rhymes <a href="https://youtu.be/3H8_6gMH4Do">https://youtu.be/3H8_6gMH4Do</a> <a href="https://youtu.be/gPq7wzGEjgE">https://youtu.be/gPq7wzGEjgE</a>
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. Brushing Teeth
17	9:00pm	Bed time

**Note :** Learn any 1 or 2 rhymes in your mother tongue.



**Happy Holidays**

