

Time Table for PP-II : 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) https://www.youtube.com/watch?v=oc4QS2USKmk&feature=youtu.be
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	Prepare & have lemonade 11:00 am. Do the Given Projects. Reinforcement of videos link English, Math link. https://www.pragathicentralschool.com/vid_les/pp_2.html https://www.pragathicentralschool.com/vid_les_1/pp_2.html Learn 5 new words per day from EVS, English and Math links: https://www.pragathicentralschool.com/hhw_2020/pp_2/pp_2.pdf
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 https://www.youtube.com/watch?v=wu5dBxXV2zA&feature=youtu.be
12	04:30 - 05:00pm	Dance Practise (videos)
13	05:00 - 06:00pm	Watering Plants & Help mom in the kitchen like washing & Sorting vegetables
14	06:00 - 07:00pm	Learn & write alphabet of your mother tongue by using your less frequently (non-dominant) hand
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



Happy Holidays

