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| Year 1 suggested timetable |
| Time: | Suggested activities: | Suggested ideas: |
| Before 9am | Get ready for the day | Eat breakfast, make bed, wash and brush teeth for 2 minutes. Encourage children to be independent. |
| 9:00-9:30  | Morning exercise  | **Jo Wicks**<https://www.youtube.com/watch?v=Rz0go1pTda8>**Cosmic Kids (Yoga)**<https://www.youtube.com/user/CosmicKidsYoga>**Super Movers** <https://www.bbc.co.uk/teach/supermovers> **Fine motor activities:**threading, cutting, colouring, playdough  |
| 9:30-10:00 | Phonics | Practice Phase 3 and Phase 5 sounds (PowerPoint and Pronunciation video provided).Practice reading tricky words (flash cards provided or PowerPoint).Use the orange book to practice reading real and alien words.Can you write sentences using tricky words? [**https://www.ictgames.com/mobilePage/literacy.html**](https://www.ictgames.com/mobilePage/literacy.html) |
| 10:00-10:30 | Reading Handwriting  | Enjoy reading your school books or read a book from home together. Practice writing high frequency words (sheet provided) in your child’s handwriting book or in your purple exercise. Can you think of a sentence with the word in? |
| 10:30-10:45 | Break | Have a snack, play outside in the garden. |
| 10:45-11:45 | Home learning task | Choose an activity from your home school packs. |
| 11:45-12:00 | Prepare lunch  | Encourage your child to help prepare lunch – setting the table, getting cups and plates ready. Lots of maths opportunities - counting items, halving and sharing food! |
| 12:00-1:00 | Lunch/break | Go outside in the garden, play with board games. |
| 1:00-2:00 | Be creative! | Drawing, painting, playdough, crafts, learn to cook or bake, sewing, construction toys.Go outside, make dens, make up different games, gardening.  |
| 2:00-3:00 | Home learning task | Choose an activity from your home school packs.This could also include any online links for example, mymaths.  |

**Please note this is just a guide and you are not required to do any of the activities above.**