|  |  |  |
| --- | --- | --- |
| 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.**