

Reception Home Learning Timetable

Approximate timing	Activity
9.00-9.30	Wake & shake Take part in physical development activities: Joe Wicks, Just Dance, Go Noodle
9.30-10.00	Phonics Recap sounds using sound book. Complete 1 phonics sheet from your home learning pack. Practise your blending strips and tricky words.
10.00-10.30	Learning through play Complete one of the challenges on your learning through play activity grid.
10.30-10.45	Snack and drink
10.45-11.15	Maths Choose 1 maths sheet from your home learning pack to complete. Play a maths game online or with your family.
11.15-11.45	Learning through play Complete one of the challenges on your learning through play activity grid.
11.45-12.00	Read a story
12.00-1.00	Lunch and learning through play
1.00-1.10	Yoga & Mindfulness Try 'Cosmic Yoga' or mindfulness on Go Noodle.
1.10-1.30	Handwriting Have a go at some fine motor control activities. Complete 1 handwriting sheet from your home learning pack.
1.30-2.30	Outdoor learning Have a go at a 'Random Act of Wildness'.
2.30-3.00	Music, dance and singing Listen to your favourite music - sing and dance along. Sing some nursery rhymes.
3.00-3.15	Story time Share a story with a grown up or sibling.

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

We would love to see what the children have been learning at home.
Please share with us via Tapestry.