

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.**