













Reception and Key Stage One suggested timetable

We have made this optional timetable for your Reception and/or Key Stage 1 child(ren). We have tried to keep it similar to what we would be doing at school, although we have added some extra brain breaks which hopefully will help whilst at home. Please don't feel pressured to stick to this it is purely a suggestion and here to help you if you need it. If your child needs more outside time or Child Initiated learning or you need them to have a little more screen time as you work - go ahead, do what you think is best and be kind to yourselves! 😊

8.50 – 9.00	Soft start	Start the morning with some fine motor activities – threading, puzzle, beads, big writing. Y2 –Monday Miss House will blog a picture of the tadpoles, children can discuss the changes that they notice and write some sentences.	
9.00 – 9.30	PE	Online daily Joe Wicks PE lesson.	
9.30 – 9.45	Phonics	Concentrate on 1 or 2 sounds a day. Read and write words with the focus sounds and play some phonics games (phonics play, phonics bloom, purple mash phonics, lots of to-print games on twinkl.)	
9.45 – 10.15	English	Discuss the English task together and model writing some sentences. Then children to independently write some sentences. (See what your Teacher has set.)	
10.15 – 10.45	Snack and Child Initiated Learning	Children to have snack whilst choosing an art/craft/ construction activities.	
10.45 – 11.15	Playtime	Outside activities (if you can't get out, try a 'just dance kids' or 'cosmic yoga'.)	
11.15 – 11.45	Maths	Practice some mental maths (e.g. number bonds, counting in 2s, 5s and 10s) Use practical objects, tens frames or number lines to practice additions and subtraction. Have a go on Mathletics. (See what your Teacher has set.)	
11.45 – 12.15	Child Initiated Learning	Children to choose some art/craft/construction/sand/water activities/turn taking games.	
12.15 – 1.15	Lunch and playtime	Eat lunch and then outdoor activities.	
1.15 – 1.30	Meditation	Do some meditation or yoga (you can use cosmic yoga, headspace, calm or go noodle.)	
1.30 – 2.00	Guided reading	Children to read their home reading books. Dicuss the sounds and tricky words in the book first, then child to read their book, make sure you ask comprehension questions during and after reading the book.	
2.00 – 2.45	Wider Curriculum	Swap daily which wider curriculum subject you choose to focus on. (Geograghy/Science/R.E/Art/Project work.) Find activities on Purple Mash.	
2.45 – 3.15	Storytime/songs	Read a story or sing some song and rhymes.	