

## Daily learning from home timetable - Year 1

Time	Learning	
9.00 – 9.30	Reading	Your child has home reading books in their book bag which they bring home every week. <b>Read one book at a time until you finish it, before starting another one.</b> Children should read aloud to an adult or can read by themselves if an adult cannot listen at this time.
9.30 – 10.00	Physical activity	<a href="#">Go to the PE Hub</a> Follow the fitness session instructions. You will find more sessions to take part in by clicking on 'Fitness' at the top of the page.
10.00 – 11.00	Phonics	<a href="#">Click here</a> to learn and practise phonics. Choose the activity at 'Phase 3' for blending of simple sounds, then complete the activity at 'Phase 4' and 'Phase 5' if your child is ready to move on. Parents – <a href="#">watch this video</a> to help you understand phonics.
11.00 – 11.25	Break time	Use this time to have a drink of water, a healthy snack and go to the toilet. Have a walk around at home so that you have a break from sitting down. If you are able to have some fresh air by going outside then do.
11.30 – 12.30	Maths	Choose from full lessons in the Year 1 maths curriculum, at the Oak National Academy – <a href="#">Click here</a> <a href="#">Click here</a> to choose from a range of problem solving activities and games by Nrich.
12.30 – 1.00	Lunch break	Use this time to eat lunch and go to the toilet. Have a walk around at home so that you have a break from sitting down. If you are able to have some fresh air by going outside then do.
1.00 – 1.20	Maths	Sing along and learn with <a href="#">Numberblocks</a>
1.30 – 2.30	Science/ history/ geography/ RE/ Art/ Music	Choose from full lessons in the Year 1 science/ history/ geography/ Religious Education/ Art/ Music curriculum, at the Oak National Academy – <a href="#">Click here</a>
2.30 – 3.00	Reading	Your child has home reading books in their book bag which they bring home every week. <b>Read one book at a time until you finish it, before starting another one.</b> Children should read aloud to an adult or can read by themselves if an adult cannot listen at this time.