

Year 1 Suggested Timetable

		Internet	OR	No Internet
Before 9:00	Wake Up	Eat breakfast, make your bed, get dressed		
9:00-9:30	Morning Exercise	Go Noodle- https://family.gonoodle.com/ P.E. activities https://www.afpe.org.uk/physical-education/thisispe-supporting-parents-to-teach-pe-at-home/ P.E. with Joe Wicks – Youtube Just dance- Youtube School challenge on TPS FaceBook page	or	How many laps of your garden can you do in a minute? Make a chart to show how much you improve each day
9:30-10:00	Phonics	Play Phonic Games phonicsplay.co.uk Teachyourmonstertoread.com Topmarks- search phonics	or	Do activity set by your class teacher Or Choose a task from the spelling/phonics grid
10:00-11:00	Learning Time English or Maths (Alternate)	White Rose Home Learning Mathletics Purple Mash	or	See activities set by your class teacher Choose an activity from the activity grids
11:00-12:00	Creative Time	Lego, cooking, craft, junk modelling, practise your instrument, draw/paint a picture, collage		
12:00-1:00	Lunch Time/Chore time	Ask if you can help: set the table, prepare lunch, wash the lunch plates, wipe down the table, tidy one room in your house		
1:00-2:00	Quiet time Reading	Puzzle, listening to music Listen to a story - Listen to a story - https://authorfy.com/ Reading a story on your own or with a family member – Oxford Owls		
2:00-3:30	Learning Time	Complete a topic or science activity set by your class teacher and /or choose an activity from the activity grid		Complete a topic or science activity set by your class teacher and /or choose an activity from the activity grid
3:30 – 4:30	Now you have worked hard go and have some fun and get some exercise!	Bikes, play outside, gardening If wet- yoga or wake and shake		

Look at the Yr 1 high frequency word list and practise spelling them	Make a word search using some of the high frequency words	Play hangman
Quick write! Get someone to say a high frequency word and see how many times you can write it in 30 seconds	Choose words from your reading book. Can you write them down and put sound buttons underneath them	How many words can you list with 2,3,4,5, 6, letters from the red page in your reading record?
Look back at some of your old word cards. Can you still read and spell the words	Ask your adult to help you choose a long word from a book. How many words can you make from it	
Find five new words in a book and write definitions for them	Select words from your reading record and write them out in different colours	Find adjectives (describing words) in your reading book
Can you clap out syllables for types of animals or family members	Get a family member to test you on some high frequency words	Test a family member and then mark their work

Draw a close observational	Draw a map of your garden,	Go outside and do some picture r
Draw a picture of a plant in your house or garden	Draw a map of your garden labelling where trees, hedges and pathways might be	Make rubbings of tree bark or leaves using crayons
Grow your own carrot. Slice the top off a carrot, place it in a dish of water and watch it grow. Can you record it as it grows	Look at food packaging and the information it gives. Can you design your own packaging for a particular food	Look at food packaging and see if you can find out which continent it comes from
Make a hat to wear in the garden.	Design your own book cover for a favourite book	Create your own birthday card
Set the table for lunch/dinner and, with adult help, cook a meal for everyone	Clear out the cupboards! Check that all your food items are in date e.g. use by or best before date	Write a menu for a family meal
Play shops, using toys/items from around the house. Can you use real money too?	Design your own sandwich. Look at ideas on the internet	Have a teddy bears tea party in the garden with your favourite toys

Read a favourite poem and learn it by heart. Can you recite it to your family?	Write a letter to a friend (real or make believe!)	Bake a cake or cook a meal and write instructions. Remember all the features!
Write sentences about the view or a room you can see	Write a poem about your favourite toy	Imagine you are on an island. What 5 things would you take and why?
Read a favourite story and then draw a story map (no words) to describe it	Read a favourite book and then write a book review about it to share with your friends	Think of as many nouns for objects in a kitchen and list them.
Find money around your house and count it up. Can you make different amounts with the coins?	Find a measuring jug. With an adult look at the measurement of litres. Can you pour 100ml, 200ml, 300ml etc into different containers?	What 3D shapes can you find around the house? Draw a picture of all the items that are cylinders, cuboids or spheres
Practise writing your numbers as digits and words 6 - six	Practise writing out your number bonds for 10 and then for 20	How quickly can you count in 2s up to 50?

We hope you enjoy the ideas above and find the timetable helpful. We have put this together to give you some ideas on how to organise your day however you may choose to put your own timetable together that suits your family.

We will be setting weekly learning activities but here are some ideas if you would like to do something extra.

We do ask that you continue reading EVERY DAY!

Of course, there is no expectation for children to work if they are ill.

Many thanks and happy learning!