**Suggested Timetable for Early Years / Key Stage 1**

**Have a look at our suggested timetable for learning at home.   
It can be edited to suit your day!**

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| **Each Day** | Read for at least half an hour a day- a range of authors and genres.  Keep a daily diary. |
| **9:00** | **Exercise:** Do something active: exercise outside, log on to the ‘[PE with Joe](https://www.thebodycoach.com/blog/pe-with-joe-1254.html)’ website for a live workout or complete a ‘[Go Noodle](https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/)’ ,‘[Cosmic Kids Yoga’](https://www.cosmickids.com/), or ‘[Supermovers](https://www.bbc.co.uk/teach/supermovers)’ challenge |
| **9:15** | **Phonics:** Practise your phonics and sentence writing. Use the Phonics Play and Alphablocks websites to help |
| **9:30** | **Reading /Writing:** English activities as set by year group |
| **10:00** | **Songs and Rhymes:** Enjoy some songs and rhymes together. |
| **10:15** | **Snack time** |
| **10:30** | **Get Moving / Fresh Air**: Fresh air time – go for a walk, play outside, feed the birds, make an obstacle course, play ‘What’s the time Mr.Wolf?’ or other active games as a family |
| **11:00** | **Maths:** Complete today’s maths activities as set by your teacher. When you’re finished, log on to the White Rose Maths Hub for its daily video |
| **11:30** | **Story time**: sharing of books or a programme such as CBeebies. |
| **12:15** | **Lunch:** Have lunch and relax. Spend some time helping to tidy up! |
| **1:15** | **Reading:** Read your book to an adult for 10 minutes. You can find lots of eBooks at Oxford Owl and on WorldBooks |
| **1:25** | **Get creative!** Science, art and craft, baking or messy play activities or topic tasks set by the year group. Time to use your imagination! |
| **2:15** | **Break time**: get some fresh air! |
| **2:40** | **Free time / Quiet time**: board games, quiz, Lego, online activities |
| **3:10** | **Home Talk:** Spend some time talking with your family, sharing what you have learned today and planning tomorrow’s activities. These resources could help your discussion:   * Watch a video from ‘[The KS1 Literacy Shed](https://www.literacyshed.com/the-ks1-shed.html)’ and discuss it. * Choose a ‘Picture News’ topic from our [Home Talk](http://www.barleylane.redbridge.sch.uk/homelearning/home-talk/) webpage |
| **3:30** | Time to relax! |