














Suggested Year 1 Daily Timetable

Before 9am	Wake up		Have breakfast, get dressed, brush your teeth, make your bed
9 – 9.30 am	Exercise Time		Join Joe Wicks Live at 9am 'P.E with Joe' https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ
9.30-10 am	Online Time		Split this time between two of the following: TTRockstars, Numbot, or Spelling Shed Sign up to Literacy Planet - https://www.literacyplanet.com/uk/free-overview-2/ Alternate on different days.
10 – 11:00	Phonics Time		Phonics – RWI live https://www.youtube.com/playlist?list=PLDe74j1F52zQ24vACH9z4zO53N_JCYIS Set 1 – 9:30-10:00 Set 2 – 10:00-10:30 Set 3 – 10:30-11:00
11.00-11.30am	Break Time/ Relaxing Time		Reading with David Walliams – audiobook every day at 11am Get some fresh air and have a snack.
11.30 – 12.15 pm	Work Time		No electronics Maths works (example sheets on Twinkl) Writing – The Storm Whale Use the picture of the day from Pobble365 to write a short story or complete the sentence level activities. Alternate on different days.
12.15-1.15pm	Lunch Time		Have a healthy lunch. Relax.
1.15-1.30pm	Exercise Time		GoNoodle- https://www.gonoodle.com/ Youth Sport Trust 60 second challenges - https://www.youthsporttrust.org/60-second-physical-activity-challenges - Also look on their twitter page for daily challenges.
1.30 – 2.30 pm	Topic Time		No electronics. Work on one of the art activities on the Y1 activity planner. Do some baking, colouring in or make something out of Lego. Work on one of the Geography/History or Science activities. Alternate on different days.
2.30-3.00 pm	Quiet Time		Read a book or complete some of the RE activities on the activity planner.
3.00 – 3.30 pm	Fresh Air		Play or exercise outdoors (eg. In your garden) Spend some time with your pets (if you have one)
3.30 – 4.15 pm	Break Time		Time for your electronics (Remember online safety)
4.15 – 5.30 pm	Dinner Time		Have your dinner (maybe help to prepare it!) and relax.
Try to keep to your normal bedtime and bed time routine.			