

Year 1- **Photocopied work packs can be requested and collected from the office**

Session		
After breakfast	Morning Exercise	Family walk, yoga - cosmic , jogging, Go Noodle , Joe Wicks , Super Movers , Disney Workouts
9:30-9:45	Daily phonics lesson then a break.	Letters and Sounds for home and school
10.00-10.30	Academic Time-English	https://www.thenationalacademy/online-classroom/year-1/#subjects There are new lessons daily if you would like to use them.
10:00 – 11:15	Break/Creative Time	Lego, daily Art challenge, crafting, music, baking, reading etc.
11:15-12:00	School Weekly Theme	You could complete tasks from the weekly project here
12:00 – 1:00pm	Lunch	
1:00 – 2:30	Quiet Time	Reading, puzzles, quiet games.
2:30 – 3:00	Academic Time - Maths, My Maths, Prodigy and DoodleMaths	https://www.thenationalacademy/online-classroom/year-1/#subjects There are new lessons daily for Maths as well as the online services provided.
3:00- 3:15	Handwriting	https://www.letterjoin.co.uk/
3:15-4:00	Afternoon Exercise	Bikes, scooters, walk dogs, play in garden