

Year 1 Suggested Daily Routine

I have included a timetable that could be used as a guide to help with the routine of the day. Please remember internet safety when using resources online.

Time	Suggested activity	Ideas...
Before 9:00am	Wake up	Eat breakfast, make your own bed, brush teeth for 2 minutes, get dressed, help with laundry/folding clothes.
9:00am- 10:00 am	Morning Walk/Physical activity	Family walk, play in the garden, if it's rainy try some yoga (Cosmic Yoga on YouTube is great). Joe wicks is also doing a live PE lesson every day on his youtube channel- The Body Coach
10:00 am- 11:00 am	Academic time	<u>Limit electronics</u> School Pack, project sheet, reading, flashcards, puzzles etc.
11:00 am- 12:00 am	Creative time	Lego, painting, drawing, crafting, baking, listen to music etc.
12:00pm- 1pm	Lunch	Make and eat lunch together, have some down time. Talk to each other!
1:00pm- 1:20pm	Phonics	Sing the alphabet song, sound flashcards, common exception word flashcards, phonic games etc. I will aim to stream a phonics lesson regularly.
1:20pm –2:20	Academic time	School packs, project sheets, Purple Mash, Bug Club, Doodle Maths etc. Include movement breaks if needed.
2:20- 2:45	Afternoon walk/Physical activity	Family walk, play in the garden (online resources- Go Noodle, BBC SuperMovers)
2:45- 3:00	Reading	Share a story with an adult, read your own book or go on Bug Club/Epic! Record in your reading record- or video yourself reading on SeeSaw!