

## Suggested timetable for isolating children in Year One

This timetable can be moved around and completed at different times to suit your family's requirements. The times given are suggestions. We often find that children are able to focus on maths and English tasks better in a morning but you could change the activities around and complete them in a different order.

9am – 9.45am	Complete maths lesson and activities chosen from: <a href="https://www.bbc.co.uk/bitesize/collections/year-1-and-p2-maths-lessons/1">https://www.bbc.co.uk/bitesize/collections/year-1-and-p2-maths-lessons/1</a> Please choose a place value lesson.
9.45am – 10.15am	Physical break – use YouTube for Joe Wickes school workouts, cosmic kids yoga or just dance for kids.
10.15am – 11am	Complete English lesson and activities chosen from: <a href="https://www.bbc.co.uk/bitesize/collections/year-1-and-p2-english-lessons/1">https://www.bbc.co.uk/bitesize/collections/year-1-and-p2-english-lessons/1</a>
11am – 11.30am	spellings <a href="https://cdn.oxfordowl.co.uk/2019/08/29/13/48/38/98b01b1e-5cd2-47f6-a592-f97cebd0b777/CommonExceptionWords_Y1.pdf">https://cdn.oxfordowl.co.uk/2019/08/29/13/48/38/98b01b1e-5cd2-47f6-a592-f97cebd0b777/CommonExceptionWords_Y1.pdf</a> <b>Read a book to your grown up</b>
11.30am – 12pm	Phonics – find a phonics video for your child using the link below. <a href="https://www.youtube.com/channel/UCP_FbjYUP_UtldV2K_-niWw/about">https://www.youtube.com/channel/UCP_FbjYUP_UtldV2K_-niWw/about</a>
1pm – 1.30pm	Handwriting <a href="https://teachhandwriting.co.uk/continuous-cursive-beginners-choice-3.html">https://teachhandwriting.co.uk/continuous-cursive-beginners-choice-3.html</a>
1.30pm – 1.40pm	Watch number blocks on the iPlayer and discuss what maths you can see in the programme. <a href="https://www.bbc.co.uk/iplayer/episodes/b08bzfnh/numberblocks">https://www.bbc.co.uk/iplayer/episodes/b08bzfnh/numberblocks</a>
140pm – 2.40pm	Select a Science, Geography, History, Art, RE, Design and Technology or Music Lesson from National Oak Academy.  Our topics this term are animals including humans, toys, portraits, nursery rhymes and mapping our homes. <a href="https://classroom.thenational.academy/subjects-by-key-stage/key-stage-1">https://classroom.thenational.academy/subjects-by-key-stage/key-stage-1</a>
2.40pm – 3pm	Story time – share a story with somebody in your house. <a href="https://www.bbc.co.uk/iplayer/episodes/b00jdlm2/cbeebies-bedtime-stories">https://www.bbc.co.uk/iplayer/episodes/b00jdlm2/cbeebies-bedtime-stories</a>