

## 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	<p>Complete maths lesson and activities chosen from:</p> <p><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></p> <p>Please choose a multiplication and division lesson.</p>
9.45am – 10.15am	Physical break – use YouTube for Joe Wickes school workouts, cosmic kids yoga or just dance for kids.
10.15am – 11am	<p>Complete English lesson and activities chosen from:</p> <p><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></p>
11am – 11.30am	<p>spellings</p> <p><a href="https://cdn.oxfordowl.co.uk/2019/08/29/13/48/38/98b01b1e-5cd2-47f6-a592-f97ceb0b777/CommonExceptionWords_Y1.pdf">https://cdn.oxfordowl.co.uk/2019/08/29/13/48/38/98b01b1e-5cd2-47f6-a592-f97ceb0b777/CommonExceptionWords_Y1.pdf</a></p> <p><b>Read a book to your grown up</b></p>
11.30am – 12pm	<p>Phonics – find a phonics video for your child using the link below.</p> <p><a href="https://www.youtube.com/channel/UCP_FbjYUP_UtldV2K_-niWw/about">https://www.youtube.com/channel/UCP_FbjYUP_UtldV2K_-niWw/about</a></p>
1pm – 1.30pm	<p>Handwriting</p> <p><a href="https://teachhandwriting.co.uk/continuous-cursive-beginners-choice-3.html">https://teachhandwriting.co.uk/continuous-cursive-beginners-choice-3.html</a></p>
1.30pm – 1.40pm	<p>Watch number blocks on the iPlayer and discuss what maths you can see in the programme.</p> <p><a href="https://www.bbc.co.uk/iplayer/episodes/b08bzfnh/numberblocks">https://www.bbc.co.uk/iplayer/episodes/b08bzfnh/numberblocks</a></p>
140pm – 2.40pm	<p>Select a Science, Geography, History, Art, RE, Design and Technology or Music Lesson from National Oak Academy.</p> <p>Our topic this term is dinosaurs. Please send the topic web we sent home to look at specific things we are covering in the subjects.</p> <p><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></p>
2.40pm – 3pm	<p>Story time – share a story with somebody in your house.</p> <p><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></p>

If you have any spare time that you would like to fill please complete your homework tasks.