


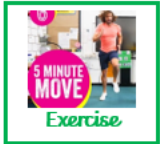
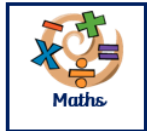
















Year 1 Suggested Daily Routine

To establish good habits and look after your child's mental and physical health while they are not at school, it would be a great idea to get into a daily routine. The children have had a go at designing their own 'Plan of the Day' which is in their exercise book.

Here is a suggested daily routine, which mirrors a normal day in Year 1. There is a mixture of academic activities, creative time, technology time and opportunities for fresh air and exercise.

Time	Suggested Activity	What to complete
Before 9am		Eat breakfast, make your own bed, brush your teeth for 2 minutes, get dressed and have a positive chat with someone at home to start the day 😊
9-9:20		Watch these videos to practice your sounds. Set 2 sounds - https://www.youtube.com/watch?v=p7hRbrpq5Bo Set 3 sounds - https://www.youtube.com/watch?v=-LbdLppyl6c Complete a daily activity sheet in the phonics weekly pack provided on the website.
9:20-9:40		With an adult/ independently read the double page spread for that day of the book. Then discuss the 3 questions underneath and answer in full sentences. E.g. I think the girl was not allowed to go fishing because...
9:40-10:00		Either run around outside for 15 minutes and get some fresh air, or find a video on the PE information document in our 'Useful Websites' tab on the website. This is important to wake your brain up!
10:00-10:30		Complete a daily activity sheet in the maths weekly pack provided on the website. If you have finished, there is a 'Maths Home Learning Grid - Y1' document with additional activities to complete.
10:30-10:45		Finish off your maths learning with 15 minutes of Numberblocks. This can be found at: https://www.bbc.co.uk/iplayer/episodes/b08bzfnh/numberblocks
10:45-11:00		Make sure you have a break! Have a healthy snack to fuel your brain!
11:00-11:30		Complete a daily activity sheet in the maths weekly pack provided on the website.
11:30-12:00		This is time for you. Relax and do what you like doing. You can find a video on the PE/ Mindfulness information document in our 'Useful Websites' tab on the website - you could do some yoga.
12:00-12:30		Make sure you get out and have some fresh air! Maybe go for a walk with an adult or sibling?

12:30-1:30		Enjoy a lunch break 😊
1:30-2:00		Choose an activity from the 'Discovery Challenges' document or complete the weekly science challenge.
2:00-2:30		<p>Read a story book or log onto bug club. This can be found at: https://www.activelearnprimary.co.uk/login?e=-1&c=0</p> <p>You can find other good websites with E-books on our Year 1 useful websites document.</p> 
2:30-3:00		Choose something creative to do. Draw a picture, do some creative writing or make something – it is totally up to you!
3:00-3:30		<p>Mathletics https://login.mathletics.com/ Bug Club https://www.activelearnprimary.co.uk/login?e=-1&c=0</p> <p>Or other good websites that can be found on our Year 1 useful websites document.</p>
3:30-4:00		Make sure you help your parents/ carers at home, as they might be working from home too!
4:00-5:00	 	Free time!