

Daily learning from home timetable – individual isolation - Year 1

Time	Learning	
9.00 – 9.30	Reading	Login to Bug Club and choose a book to read that has been set by your teacher. Continue reading this book until you finish it, before starting another one. You can read by yourself or you can read to an adult. Answer the comprehension questions provided for this book.
9.30 – 10.00	Physical activity	Go to the PE Hub Follow the fitness session instructions. You will find more sessions to take part in by clicking on 'Fitness' at the top of the page.
10.00 – 11.00	Phonics	Click here to learn and practise phonics. Choose the activity at 'Phase 3' for blending of simple sounds, then complete the activity at 'Phase 4' and 'Phase 5' if your child is ready to move on. Parents – watch this video to help you understand phonics.
11.00 – 11.25	Break time	Use this time to have a drink of water, a healthy snack and go to the toilet. Have a walk around at home so that you have a break from sitting down. If you are able to have some fresh air by going outside then do.
11.30 – 12.30	Maths	Choose from full lessons in the Year 1 maths curriculum, at the Oak National Academy – Click here Click here to choose from a range of problem solving activities and games by Nrich.
12.30 – 1.00	Lunch break	Use this time to eat lunch and go to the toilet. Have a walk around at home so that you have a break from sitting down. If you are able to have some fresh air by going outside then do.
1.00 – 1.20	Maths	Sing along and learn with Numberblocks
1.30 – 2.30	Science/ history/ geography/ RE	Choose from full lessons in the Year 1 science/ history/ geography/ Religious Education curriculum, at the Oak National Academy – Click here
2.30 – 3.00	Reading	Read your home reading book or Login to Bug Club and choose a book to read that has been set by your teacher. Continue reading this book until you finish it, before starting another one. You can read by yourself or you can read to an adult.