**Week 1 Timetable**

Please only use this timetable as a guide. If it doesn’t work, change it. If it doesn’t fit with other things happening in your household, change it. It is only there to help people that may need or want some guidance in how to structure their days. You know what is best for you and your family.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **9.00 – 9.30** | **9.30 – 10.00** | **10.30-11.00** | **11.00 – 11.30** | **11.30-12.00** | **12.00 – 1.00** | **1.00 – 1.30** | **1.30 – 3.00** |
| **Monday - Friday** | Exercise[Joe Wicks workout](https://www.youtube.com/watch?v=Rz0go1pTda8) [Go Noodle](https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/)[Just Dance Kids](https://www.youtube.com/results?search_query=just+dance+kids+) | PhonicsPractice letter / word cards / books in book bagsUse Oxford Owl website for resources / Read Write Inc Youtube channel for live phonics lesson videos[Oxford Owl](https://home.oxfordowl.co.uk/)[Read Write Inc Youtube channel](https://www.youtube.com/playlist?list=PLW-Dpen99Aj5c4_uBZsCyTzSIDIPSyPLR) | Break & Snack time | MathsUse White Rose activities:[White Rose](https://whiterosemaths.com/homelearning/early-years/) | Independent activitiesDrawing, writing, reading, colouring, Lego etc… | Lunch | Dough DiscoUse live stream:[Dough Disco](https://www.youtube.com/channel/UCj0shfH3pzhrf3dOrSj_pRw) | Play based activitiesChoose something from the ‘100 Things to do Indoors’ sheet in your packs.Or play with own toys / games inside or in your garden.Colour / paint your own rainbow to put in your window for others to spot. |