**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.

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **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+) | Phonics  Practice letter / word cards / books in book bags  Use 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 | Maths  Use White Rose activities:  [White Rose](https://whiterosemaths.com/homelearning/early-years/) | Independent activities  Drawing, writing, reading, colouring, Lego etc… | Lunch | Dough Disco  Use live stream:  [Dough Disco](https://www.youtube.com/channel/UCj0shfH3pzhrf3dOrSj_pRw) | Play based activities  Choose 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. |