

# Suggested Daily Routine - Reception

We have included a timetable that could be used as a guide to help with the routine of the day. **All seesaw activities** can be accessed from the time stated you can complete them at any time that is suitable for you. However, you **must** attend the **zoom session at 9.45** as this is how we will register the children for the day.

Time	Suggested activity	Ideas
Before 9.00 am	Wake up	Make your own bed, brush your teeth, get dressed, put your pyjamas away and make your own breakfast.
9.00 – 9.30	Wellbeing	Get active and do some exercise. It could be dance, yoga or a PE with Joe lesson. Check out the list of ideas on the <i>How to Support Your Child's Home Learning Guide For Parents</i> .
9.30-9.45	Handwriting	Choose <b>one</b> activity. Practise writing your name. Practise writing your sight words. Practice writing a sentence using your sight words and phonics. Practice writing the numerals 1-10.
<b>9.45 – 10.10 am</b>	<b>Register Shared Read/sight words/shared write</b>	<b>Complete your shared read/write session via zoom. Link will be sent on seesaw.</b> <b>If you do not attend this session you will receive a call from school.</b>
10.10 – 10.30	Topic	Complete the activities set via <b>seesaw</b> and send your work back to your teacher. If your teacher has sent you a comment, make sure you respond.
10.30-11.30	Choose your learning	Have a healthy snack e.g. fruit. Read your reading book on Oxford Owl with an adult. Do something creative e.g. drawing, painting, chalks, completing a puzzle etc. Play a game in the garden if you have one.
11.30 – 12.00	Phonics	Complete your daily phonics lesson <b>via seesaw</b> and send your work back to your teacher. If your teacher has sent you a comment, make sure you respond.
12.00 – 1.00	Lunch time	Help to make lunch, set the table and clear up.
1.00 – 1.30	Maths	Complete your daily maths lesson <b>via seesaw</b> and send your work back to your teacher. If your teacher has sent you a comment, make sure you respond.
1.30 – 2.30	Quiet time	Read a book, magazine, poems etc., do a puzzle. <b>Teachers will be on seesaw to respond to any questions.</b>
2.30 - 3.00	Stories & Rhymes	Complete your daily story/rhyme session and send your work back to your teacher
3.00 – 4.00	Wellbeing	Get active and do some exercise. It could be dance, yoga or a PE with Joe lesson. Check out the list of ideas on the <i>How to Support Your Child's Home Learning Guide For Parents</i> . Wrap up warm and go outside in the garden (if you have one).
4.30 – 6.00	Free time	Enjoy time together as a family or have some time alone choosing your own activities.
6.00 – 6.30	Dinner time	Enjoy dinner as a family and talk about your day.
6.30 – 8.00	Family and wind down time	Have a bath/shower, brush your teeth, play family games, board games etc. and share a story before bed.