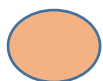


Year 1 - Daily Routine

We have included a timetable that could be used as a guide to help with the routine of the day.

Time	Suggested activity	Ideas
Before 9.00 am	Wake up	Make your own bed, brush your teeth, put your pyjamas away and make your own breakfast.
9.00 – 9.15	Wellbeing	Get active and do some exercise. It could be dance, yoga or a Joe Wicks session. Look out for ideas on Seesaw.
9.15 – 9.45	Register and Live lesson	Make sure you are logged into zoom for the register and a literacy lesson.
9.45 – 10.45	Maths	Complete your daily maths lesson and send your work back to your teacher. If your teacher has sent you a comment with a next step then you will need to make sure you respond.
10.45 – 11.30	Reading	Have a healthy snack e.g. fruit. Read your reading book on Oxford Owl.
11.30 – 12.00	Handwriting	Practise your sight word spellings. Remember to use your neatest cursive handwriting with ascenders and descenders. Try to write each word in a sentence.
12.00 – 1.00	Lunch time	Help to make lunch, set the table and clear up safely.
1.00 – 2.00	Seesaw Challenges	Work on your weekly challenge. Make sure you've responded to all of your teacher's comments.
2.00 – 2.30	Quiet time	Read a book, magazine, poems etc., do a puzzle.
2.30 - 3.00	Responding	Have a look at the work you have completed. Had the teacher marked it? Are there comments that you need to respond to?
3.00 – 4.00	Wellbeing ii	Get active and do some exercise. It could be dance, yoga or a PE with Joe lesson.
4.00 – 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.



Learning time on Zoom or Seesaw