

Suggested Activity Timetable F1 Robins

	10.30 am		Choose suitable times during the day when you can support your child with these activities. Try and do them all but the order you do them in doesn't matter.	
Monday	Online lesson ZOOM		Recorded video	There are 4 short activities every day to choose from.
Tuesday	Online lesson ZOOM		Recorded video	There are 4 short activities every day to choose from.
Wednesday	Online lesson ZOOM		Recorded video	There are 4 short activities every day to choose from.
Thursday	Online lesson ZOOM		Recorded video	There are 4 short activities every day to choose from.
Friday	Online lesson ZOOM		Recorded video	There are 4 short activities every day to choose from.

Tips for online lessons

1. Don't worry if your child can't sit for the whole lesson.
2. Let your child wander off if they need to - turn the video off and mute but keep listening. Your child may want to join in again when they are ready.
3. Mute if you want to talk to your child.
4. Do the activities from the lesson when you have time.
5. Build time into the day for your child to play inside and outside.