


## Suggested Activity Timetable F2 Foxes and F2 Hedgehogs

	9.00 - 10.30 am	10.30 am		2.00 pm	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.		Weekly Choose which day	
Monday	Reading (15 minutes)  Practice reading and writing sight words  Physical activity	Online lesson TEAMS		Online lesson TEAMS	Recorded video lesson in Teams	Activity 1 From plans	Activity 2 From plans	Shared reading video  Stories
Tuesday		Online lesson TEAMS		Online lesson TEAMS	Recorded video lesson in Teams	Activity 1 From plans	Activity 2 From plans	
Wednesday		Online lesson TEAMS			Recorded video lesson in Teams	Wednesday afternoon choice Off Screen Bingo and physical activities		
Thursday		Online lesson TEAMS		Online lesson TEAMS	Recorded video lesson in Teams	Activity 1 From plans	Activity 2 From plans	
Friday		Online lesson TEAMS		Online lesson TEAMS	Recorded video lesson in Teams	Activity 1 From plans	Activity 2 From plans	

### 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.

<p><b><u>English activities you could do.</u></b></p> <p>Practise writing letters.</p> <p>Write words using phonics sounds</p> <p>Practice reading and writing your sight words</p> <p>Make your own picture stories</p> <p>Tell stories to an adult.</p> <p>Read stories to your child.</p>	<p><b><u>Number work you can do</u></b></p> <p>Practise counting.</p> <p>Count forwards in 1s Count backwards in 1s</p> <p>Practice making 10 in as many ways as you can - use objects in the house.</p> <p>Practice adding 1 more Practice taking 1 away - 1 less</p> <p>Group real life objects - into 2s; into 3s; into 4s; into 5s</p> <p>Repeat the activities every week to develop secure number facts.</p>	<p><b><u>Exercise activities.</u></b></p> <p>Play in the garden Skipping Star jumps Hopping Jumping Rolling Balancing on one leg</p>
<p><b><u>Handwriting</u></b></p> <p>Write your first name</p> <p>Write some of the phonic sounds you have been learning this week.</p> <p>Write sight words.</p> <p>Write a short sentence.</p> <p>Complete any activities set by the teacher.</p>	<p><b><u>Fine motor skills activities</u></b></p> <p>Write a letter in bubble writing - colour it in.</p> <p style="text-align: center;"><b>A B C</b></p> <p>Draw a picture, Colour it in</p>  <p>Cut a shape from an old cardboard box, find some thread or string. Wrap the thread around the shape.</p> <p>Use this link for more ideas</p> <p><a href="https://theimaginationtree.com/40-fine-motor-skills-activities-for-kids/">https://theimaginationtree.com/40-fine-motor-skills-activities-for-kids/</a></p>	<p><b><u>Imaginative play</u></b></p> <p>Let children have free choice for toys to play with which encourage them to talk, use their imagination and make up stories.</p> <p>Examples</p> <p>Lego Making things from cardboard boxes Play with dolls or figures Any construction kits Dressing up Role play - pretending to be characters from stories or real life Be creative - draw pictures, do some colouring.</p>