

Weekly Timetable Year 1

Day	9:00 - 9:30	9:30-10:00	10:00 - 11:00	11:00-11:30	11:30 - 12:00	12:00 - 12:30	12:30- 1:30	1:30 - 1:50pm	1:50 - 2:15	2:15 - 3:00	
Monday	Activity of your choice	Break \ exercise	ENGLISH LESSON ONLINE	Complete task set in lesson Choose	Reading	Lunch / exercise	SCIENCE LESSON ONLINE	Complete task set in lesson Choose	Break \ exercise	MATHS LESSON ONLINE	
Tuesday	Finish maths work Or activity of your choice		MATHS LESSON ONLINE	Complete task set in lesson Choose	Reading		ENGLISH LESSON ONLINE	Complete task set in lesson Choose		TOPIC LESSON ONLINE	
Wednesday	Finish Topic work Or activity of your choice		TOPIC LESSON ONLINE	Complete task set in lesson Choose	Reading		Bingo afternoon - no online session from teacher. All activities are non-screen time. Physical Activity as a family				
Thursday	Activity of your choice		MATHS LESSON ONLINE	Complete task set in lesson Choose	Reading		MUSIC / PHSE ONLINE	Complete tasks set in lesson Choose	Break \ exercise	ENGLISH LESSON ONLINE	
Friday	Finish English work Or activity of your choice		ENGLISH LESSON ONLINE	Complete task set in lesson Choose	Reading		MATHS LESSON ONLINE	Complete task set in lesson Choose		CLASS SHARING AND REWARDS ASSEMBLY ONLINE	

See below for activities to choose

English activities you could do.

Practise your handwriting.
Practice spellings
Write sentences using your spelling words
Write words using phonics sounds

Practice reading and writing your sight words

Make your own picture stories

Complete any tasks your teacher has set

For extra activities you can also use

Doodle English
Doodle Spell

Number work you can do

Practise counting.
Count forwards in 1s, 2s and 10s
Count backwards in 1s, 2s and 10s

Practice making 10 in as many ways as you can - use objects in the house.

Practice making 20 in as many ways as you can

Repeat the activities every week to develop secure number facts.

For extra activities you can also use

My Maths

Exercise activities.

Play in the garden
Skipping
Star jumps
Hopping
Jumping
Balancing on one leg
Rolling
Catching and throwing balls or soft things

Handwriting

Write your first and last name, forming all of the letters correctly.
Write the days of the week in your best handwriting.
Write some of the phonic sounds you have been learning this week.
Write the names of people in your family.

Repeat every week to develop good letter formation.

Complete any activities your teacher has set.

Fine motor skills activities

Write a letter in bubble writing - colour it in.

A B C

Draw a picture, Colour it in



Cut a shape from an old cardboard box, find some thread or string.
Wrap the thread around the shape.

Use this link for more ideas

<https://theimaginationtree.com/40-fine-motor-skills-activities-for-kids/>

Imaginative play

Let children have free choice for toys to play with which encourage them to talk, use their imagination and make up stories.

Examples

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.