

Suggested timings	Lesson
9- 9:30	<p><u>P.E</u></p> <p>There are lots of different options, here are a few you could choose from:</p> <p>Joe Wicks -  <a href="https://www.thebodycoach.com/blog/pe-with-joe-1254.html">https://www.thebodycoach.com/blog/pe-with-joe-1254.html</a> (this is on Monday and Wednesday but you could watch the old videos if you wanted to)</p> <p>Cosmic yoga -  <a href="https://www.youtube.com/user/CosmicKidsYoga">https://www.youtube.com/user/CosmicKidsYoga</a></p> <p>Just dance -  <a href="https://www.youtube.com/watch?v=oe_HDfdmnaM">https://www.youtube.com/watch?v=oe_HDfdmnaM</a></p> <p>You could use this time to take a walk/bike ride as your daily exercise.</p>
9:30 – 10:00	<p><u>Reading</u></p> <p>If your child is in phonics, follow the instructions below:</p> <p><u>Phonics</u></p> <p>Your child should start their phonics session by watching a video which introduces a new sound. The video can be found here:  <a href="https://www.youtube.com/channel/UCo7fbLgY2oA_cFCIg9GdxtQ?fbclid=IwAR2zPh6Yahil_fOxLD_iKMQES-EWj_I_6L8MYTCYYUYMBv-1DePkw5_7--E">https://www.youtube.com/channel/UCo7fbLgY2oA_cFCIg9GdxtQ?fbclid=IwAR2zPh6Yahil_fOxLD_iKMQES-EWj_I_6L8MYTCYYUYMBv-1DePkw5_7--E</a>.</p> <p>The videos are streamed at certain times of the day and are set depending. The times are:</p> <ul style="list-style-type: none"> <li>• Set 1 Speed Sounds at 9.30am</li> <li>• Set 2 Speed Sounds at 10.00am</li> <li>• Set 3 Speed Sounds at 10.30am</li> </ul> <p>Oxford Owl are making all the phonics books available online as ebooks. Here is the link  <a href="https://home.oxfordowl.co.uk/reading/reading-schemes-oxford-levels/read-write-inc-phonics-guide/">https://home.oxfordowl.co.uk/reading/reading-schemes-oxford-levels/read-write-inc-phonics-guide/</a></p> <p>Once you've clicked on the link then click on ebooks and then you need to register but it is completely free. Once registered you can then open all the ebooks and choose the correct banded level for your child.</p> <p><u>Guided reading</u></p>

	<p>If your child is in guided reading please complete the comprehension activity attached to the webpage.</p>
10:00 – 10:30	<p><u>Mental Maths</u> Practise number facts or times tables on either TT Rockstars or Topmarks ‘hit the button’.</p>
10:30 – 11	<p><u>Break time</u></p> <p>Have a healthy snack and play</p>
11- 12	<p><u>Maths</u></p> <p>Start lesson 1 on Oak National Academy.</p> <p>‘To compare lengths and heights of objects’</p> <p><a href="https://classroom.thenational.academy/lessons/o-compare-lengths-and-heights-of-objects">https://classroom.thenational.academy/lessons/o-compare-lengths-and-heights-of-objects</a></p>
12- 1	<p><u>Lunch</u></p>
1-1:15	<p><u>Spelling</u> Choose 5 words from the Year 1 statutory spelling list attached to the webpage. Practise these using your preferred method.</p>
1:15– 2:45pm	<p><u>Challenge</u></p> <p>Look at the new challenge video. Complete the first two sections on the overview challenge sheet.</p>
2:45 – 3pm	<p><u>Storytime</u></p>

Either share a story with a family member or listen to a story on:

<https://www.storylineonline.net/>

Or

<https://www.bbc.co.uk/teach/school-radio/audio-stories/zh3t2sg>