

# My Home Learning Timetable (Year 1 and 2)

**Click the pictures to follow the links to the relevant website**

	<b>9:00 – 9:30 PE</b>	<b>Read, Write, Inc. 30 minutes</b>	<b>Maths 30 - 45 minutes</b>	<b>Literacy 30 - 45 minutes</b>	<b>Topic 30-45 minutes</b>
<b>Monday</b>					
<b>Tuesday</b>					
<b>Wednesday</b>					
<b>Thursday</b>					
<b>Friday</b>					

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	<b>9:00 – 9:30</b>	<b>9:30 – 10:00</b>	<b>10:30 – 11:00</b>	<b>11:00 – 11:30</b>	<b>Afternoon</b>
<b>Monday</b>	<p>Joe Wicks Blue Peter Workout:</p> <p><b>Exercise 1 - Running on the spot</b> Get the heart beating with this run on the spot to limber up those legs! Do 30 seconds and then rest.</p> <p><b>Exercise 2 - Jumping Jacks</b></p>	Reading and practising my sounds/spellings.	<p>Maths</p> <p>Addition calculations using objects found in the house and garden</p>	<p>Literacy</p> <p>Making up stories together. If writing is tricky then write down the story for them and ask your child to have a go as some sounds or words that they do know.</p>	<p>Time to relax and create together.</p> <p>Play in the garden and notice the things around you using your 5 senses. What do you see, hear, smell, feel or taste?</p> <p>What can you spot on your daily walk? Good opportunities for counting and reading.</p>
<b>Tuesday</b>	<p>These jumping Jacks will keep you fit, it's a full-body exercise that will certainly boost your heart rate! Do 30 seconds and then rest.</p> <p><b>Exercise 3 - Squats</b></p>	Reading and practising my sounds/spellings.	<p>Maths</p> <p>Addition calculations using objects found in the house and garden</p>	<p>Literacy</p> <p>Writing instructions for something you have done. Maybe a recipe you have cooked together, a lego build, a game you played.</p>	<p>Arts and Crafts</p> <p>Can you make a junk model using boxes and recycling old packaging or loo rolls?</p>
<b>Wednesday</b>	<p>Squats will help your legs feel super strong, you'll really be able to feel this exercise! Do 30 seconds and then rest.</p> <p><b>Exercise 4 - Punches</b></p> <p>This exercise is great for the upper body, speed up those punches to really work hard! Do 30 seconds and then rest.</p>	Reading and practising my sounds/spellings.	<p>Maths</p> <p>Subtraction calculations using objects found in the house and garden</p>	<p>Literacy</p> <p>Write a letter or email to a family member or friend. Penpals are great fun to have.</p>	<p>Movie Time</p> <p>Watch a film or program and then retell the events to someone in your family. You could even dress up as your favourite character and act it out!</p>
<b>Thursday</b>	<p><b>Exercise 5 - Lunge</b></p> <p>Another one for the legs, but it's also great to help improve your balance as it is a Yoga style pose. If you want to make it a bit harder, jump between legs as you lunge. Do 30 seconds and rest.</p>	Reading and practising my sounds/spellings.	<p>Maths</p> <p>Subtraction calculations with coins using objects found in the house and garden</p>	<p>Literacy</p> <p>Design a poster to say thank you to the Key Workers.</p>	<p>Busy Time</p> <p>There are lots of learning opportunities in the most basic of activities. Counting out the clothes and pairing up the socks when helping with the housework for example.</p>
<b>Friday</b>		Reading and practising my sounds/spellings.	<p>Maths</p> <p>Shape, Space and Measure</p> <p>Comparing the size of objects found around the house. Tallest, shortest.</p> <p>Which container holds the most/least? Explain.</p> <p>Baking and cooking is great for this.</p>	<p>Literacy</p> <p>Learn a poem or song and perform it for your family.</p>	<p>Learn a skill</p> <p>Learn to cook. Learn to garden. Learn an instrument. Practice a new language. Practise your Times Tables. Learning a new skill needs lots of repetition so keep it up!</p>