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| **Time** | **Area of curriculum** | **Suggested links** |
| **9:00-9:30** | **Exercise Time** | - Exercises in the garden if available  - [P.E with Joe](https://www.youtube.com/watch?v=QGYXh_G8X6A)  - Aerobics/yoga <https://www.youtube.com/user/CosmicKidsYoga>  <https://www.nhs.uk/10-minute-shake-up/shake-ups>  **Daily PE activities** |
| **9:30-9:50** | **Spellings** | ([Letters and Sounds: for home and school](https://www.youtube.com/channel/UCP_FbjYUP_UtldV2K_-niWw/featured?disable_polymer=1)  have a look at phase 5 and 6 if your child needs a reminder for some of the sounds.  <https://monsterphonics.com/>  <https://www.ruthmiskin.com/>  **Weekly spellings set on Seesaw** |
| **10:05-11:00** | **English** | **Daily activity posted on Seesaw**  Additional resources to complement learning:  - [Pobble](https://www.pobble365.com/)  - [Indoor](https://www.cambslearntogether.co.uk/asset-library/20-English-challenges-KS1.pdf) and [Outdoor](https://www.cambslearntogether.co.uk/home-learning/challenges) English Challenges  - [Once Upon a Picture](https://www.onceuponapicture.co.uk/)  [- Literacy Shed](https://www.literacyshed.com/) |
| **11:00-12:00** | **Maths** | **Daily activity posted on seesaw**  Additional resources:  <https://www.topmarks.co.uk/maths-games>  <https://login.mathletics.com/>  **Weekly Multiplication tables set on Seesaw**  Practise the multiplication tables you are not sure of each week using this link to help you: <https://www.timestables.co.uk/> |
| **12:00-1:00** | **Lunch** | Use this time to relax and refuel. Could you help your adult prepare lunch perhaps? Could you help design a healthy lunch plate? |
| **1:00-1:30** | **Reading** | Use this time to read and be read to. Here are some links below that might be helpful.  <https://www.lovereading4kids.co.uk/>  <https://stories.audible.com/start-listen>  https://home.oxfordowl.co.uk/ |
| **1:30– 2:30** | **Topic** | **Weekly project set on Seesaw**  Other complementary ideas:  As we enter the warmer months of the year, here are some outdoor project ideas to get going with!  - [The Garden Project](https://www.cambslearntogether.co.uk/asset-library/Garden-Project3.pdf)  - [Subject resources](https://www.cambslearntogether.co.uk/home-learning/other-subjects)  - [BBC Bitesize daily lessons](https://www.bbc.co.uk/bitesize/dailylessons) |
| **2:30-3:30** | **Quiet /screen time** | - Drawing, painting, junk modelling, play dough  - Baking  - Jigsaws  - Listening to/making music  - Board games  - [Outdoor art activities](https://www.cambslearntogether.co.uk/asset-library/Outdoor-Art-Project.pdf)  - [Card games](https://www.cambslearntogether.co.uk/asset-library/Card-Games-Ideas-for-Families.pdf)  - [Online maths games](https://www.topmarks.co.uk/maths-games/hit-the-button)  - [Lego challenges](https://thatbricklife.com/wp-content/uploads/2020/03/LEGO30daysofplay.pdf)  This website below offers some additional complementary ideas for indoor and outdoor learning activities:  <https://www.cambslearntogether.co.uk/asset-library/CCC-Home-Learning-Parents-Guide.pdf> |