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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> |