

Suggested Daily Schedule

- 9.00 - 9.30 Joe Wicks workout – this will be broadcast live every morning. Here is a link to the YouTube channel. Only do this if your child is enjoying it and you can still walk after day 3! There are other physical activities that you can choose from on the plan.
<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>
- 9.30 Phonics Set 1 - this is good for revision of individual letter sounds learnt.
10.00 Phonics Set 2 - this is for the special friends phonemes.
10.30 Phonics Set 3 - split digraphs and alternative ways to write sounds.
https://www.youtube.com/channel/UCo7fbLgY2oA_cFCI9GdxtQ
- Time for a screen break. Have a walk or jog around the garden – how many laps can you do? Do some exercise like 20 star jumps or 20 spotty dogs. Play hide and seek or another game.
- 11.00 Handwriting Practise
Choose just one letter to practise each day. Practise the lowercase and capital and ensure that your child is starting in the correct place. We have enclosed a sheet with the handwriting sayings on.
- Maths or Literacy
Spend some time in the morning on either a maths or writing activity from the plan. Ideally alternate between the two over the week.

Lunch Time

- After lunch – Search ‘Just Dance kids’ on YouTube and select a dance to practise every day for the week. On Friday it can be show time!
- Practise number formation, only a few numbers each day. Use the cards included in the pack for the sayings to help correct formation.
- Choose an Expressive Arts and Design or Understanding the World activity from the plan.
- Allow some child initiated play time, let your child play with their toys, complete a jigsaw or game, make up a role play café, hairdressers, shop, recycling centre with big boxes to sort the recycling, make a garage to fix the bikes outside or a carwash, build dens with pillow and duvets. Just play and have fun!
- End the learning day at about 3pm with your child’s chosen storybook or go on to the Oxford Owl website where you can access reading books for your child.
<https://www.oxfordowl.co.uk/for-home/>