

Morning Routine

08:00– 09:00	Wake up	Eat a healthy breakfast, make your bed, get dressed and do morning stretches.
09:00—09:10	Maths meeting	Discuss the date, weather, how you are feeling today. Count forward and backwards to 20, practise recognising numbers to 20 out of sequence.
09:10-10:15	Learn through play	Activities such as ; constructing with lego / drawing / painting / playdough / outside exploration. Within this time stop to read for 10 minutes and let your child return to free play after-
10:15—10:30	Phonics	Sing tricky words song. Recap on phase 2 and 3 sounds. Watch Mr Thorn Phonics Play Obb and Bob on Phonics Play. Practise writing a simple sentence e.g She went into the shop or she can hop.
10:30—10:45	Break time	Go outside and have some fresh air. Try moving in different ways around the garden. See if you can jump 30 times / hop / skip ect.
10:45—11;00	Maths	Sing maths songs Practise writing numbers Practise saying one more and one less within 20. Practise counting amounts within 20. Practise adding / subtracting within 20 e.g $8-2 = 6$ $14 + 3 = 17$
11:00—12:00	Learn through play	Activities such as ; constructing with lego / drawing / painting / playdough / outside exploration. Tidy up at the end of the session.
12:00—13:00	Lunchtime	Help to prepare a healthy lunch. Have a play outside after you have finished eating.

Afternoon Routine

13:00—13:15	Literacy	Read a story and then write a sentence together about it. E.G If reading he Gruffalo the sentence to write together could be ; He is big and has sharp teeth.
13:15— 14:30	Learn through play	Activities such as ; constructing with lego / drawing / painting / playdough / outside exploration. Within that time stop to write simple sentences linked to the phase 3 tricky words and sounds. Tidy up at the end of the session.
14:30-14:45	Knowledge and Understanding the world	Explore and discuss topics on Let's Get Scientific on CBeebies. Make a prediction first and watch to see what the result is. Discuss why and how you think that has happened. If possible try the experiment out on another day.
14:45—15:00	Story time.	Choose your favourite story that you have at home and share together with an adult.
15:00– 17:00	Exercise / free time.	Use this time to go into the garden or do your favourite activity at home.
17:00—18:00	Tea time	Help with making dinner where possible and discuss the ingredients going into the meal.
18:00—19:00	Getting ready for bed	Time to relax and get ready for the bedtime routine.