**Suggested Ideas for your Working Week in P1-3:**

This is only a suggestion, but is the sort of thing you may wish to adopt at home. Please feel free to swap things around to suit your ideal way of working at home!

|  |  |  |
| --- | --- | --- |
| **TIME** | **ACTIVITY** | **IDEAS** |
| **Before 9.00am** | **Wake up Routine** | Eat breakfast, get dressed, clean teeth, make bed |
| **9.00am – 10.00am** | **Morning Exercise** | Joe Wicks PE – 9.00am- 9.30am  Family walk or time in garden |
| **10.00am – 11.00am** | **Lesson Time** | Phonics or spelling set by School  (1 session per week for reading comprehension P2-3)  Jotters, literacy activity linked to topic |
| **11.00am- 12.00pm** | **Creative Time** | Lego, drawing, crafts, music, cook or bake  Model making |
| **12.00pm- 12.45pm** | **Lunch time** |  |
| **12.45- 1.00pm** | **Jobs** | Clear up / wash lunch dishes |
| **1.00pm- 1.30pm** | **Quiet Time** | Reading own book, colouring or puzzles |
| **1.30pm- 3.00pm** | **Lesson Time** | Education City/ Sumdog/ Nessy – activities set online |
| **3.00pm- 3.40pm** | **Fresh Air** | Play in garden, family walk, yoga –stretches  Joe Wicks – recorded format |