

Home Learning Daily Timetable – FS1



This is your child's daily core learning structure which reflects the teaching in school for you to continue at home. Specific daily activities will be posted to your child's Seesaw account as detailed below.

Physical Activity (approx. 15 mins) 	Choose a daily physical activity to wake you up ready for the day, for example, <ul style="list-style-type: none"> • Joe Wicks • Go Noodle • Jump Start Johnny • Disney 10 minute shakeups • BBC Supermovers
Daily Check-In (approx. 5 mins) 	Have a chat about how they are feeling. Is there anything they are worried about or want to talk about?
Daily Calendar (approx. 5 mins) 	Talk about what day it is. What day will it be tomorrow? What is the date? Do you know what month we are in? Have a look outside and see what the weather is doing. Is it raining, sunny or windy?
Daily Focus Activity (approx. 20 mins) 	Daily activities will be posted to Seesaw.
Daily Child Initiated Learning (approx. 30 mins) 	Allow your child some time to carry out activities linked to their own interests. These could be: <ul style="list-style-type: none"> • Construction • Creative • Small world, such as toy animals/cars • Writing/Mark making • Board games
Daily Reading (approx. 20 mins) 	Share a story with your child. Talk about the pictures, characters and events. Ask your child questions about what has happened or what they think will happen. Did they enjoy the story? What did they like/dislike about it?
Breaktime and snack	
Daily Outdoor Activity (approx. 30 mins) 	If you have access to an outdoor area, such as your garden, you could carry out an outdoor activity such as <ul style="list-style-type: none"> • Obstacle courses • Gardening • Water play
Mental Health and Well-Being (approx. 20 mins) 	It is very important to have some time to relax at the end of your day. Choose a daily activity to support your mental health and wellbeing <ul style="list-style-type: none"> • Daily Thrive Activity • Drawing / Colouring • Singing / Music • Play a board game • Daily exercise and fresh air (in your garden) • Talk
Daily Mental Maths (counting, number recognition) OR Phonics (approx. 20 mins)  	Daily activities will be posted to Seesaw. To support with Maths you may also like to access: <ul style="list-style-type: none"> • Topmarks • Crickweb To support with Phonics you may also like to access: <ul style="list-style-type: none"> • Oxford Owls Phonics • Crickweb • Phonics Play
Over and Over Story (approx. 15 mins) 	Our Over and Over story will be posted to Seesaw. We read the books we choose over and over to allow the children to become familiar with quality texts, get to know the storybook language and join in with repeated or familiar parts of the text. It is relaxing to end our morning with a story.
Lunchtime	