

## P1B Suggested Daily Timetable

<b>Time</b>	<b>Subject</b>
9-10am	<p style="text-align: center;"><b>Literacy Time:</b></p> <p>Phonics, reading, fine motor skills, writing, listening and talking.</p> <p style="text-align: center;">See weekly learning grids for further detail.</p>
10-10.30am	<p style="text-align: center;"><b>Movement:</b></p> <p>Outdoor walk, play in the garden, organised active games (hide and seek, tig...), <a href="http://www.gonoodle.com">www.gonoodle.com</a>, Cosmic Kids yoga (YouTube), Jack Hartman (YouTube - brain break videos), circuits (30 secs of star jumps, sit ups, running on the spot...)</p>
10.30-11am	<b>Snack / Free Time</b>
11-12pm	<p style="text-align: center;"><b>Numeracy Time:</b></p> <p style="text-align: center;">See weekly learning grids for further detail.</p>
12-12.30	<p style="text-align: center;"><b>Games:</b></p> <p>Board games with an adult, academic online games (e.g. <a href="http://topmarks.co.uk">topmarks.co.uk</a>), card games, etc.</p>
12.30-1.30pm	<b>Lunch / Free Time</b>
1.30-2.30pm	<p style="text-align: center;"><b>Creative Time:</b></p> <p>Construction toys, role play, arts and crafts, play dough, sensory play...</p> <p style="text-align: center;">OR</p> <p style="text-align: center;"><b>IDL Time:</b></p> <p style="text-align: center;">See weekly learning grids for further detail.</p>
2.30-3.30pm	<p style="text-align: center;"><b>Life Skills:</b></p> <p>Baking, cooking, chores, gardening...</p> <p style="text-align: center;">OR</p> <p style="text-align: center;"><b>HWB:</b></p> <p style="text-align: center;">See weekly learning grids for further detail.</p> <p style="text-align: center;">OR</p> <p style="text-align: center;"><b>Quiet Time:</b></p> <p>Reading, drawing, writing stories, watching educational programmes (e.g. Story Bots, Number Jacks, Alpha Blocks, Number Blocks), watching a movie.</p>