

# Suggested Daily Structure to Support Home Learning for Key Stage 1 Children



09.00–09.30	<b>MORNING PE WORKOUT</b>	Joe Wicks is doing a daily live stream so you can join in with his PE lesson from your living room! <a href="#">Just click here to take part!</a>
09.30–10.15	<b>PHONICS AND READING</b>	Please practice your phonics/reading and your spellings: <a href="#">Set 2 Sounds</a>   <a href="#">Set 3 Sounds</a>   <a href="#">Year 2 Reading Comprehension</a>
10.15–10.30	<b>BREAK</b>	Have a drink and a healthy snack – if you can, have some fresh air and try to do some simple exercise like <a href="#">Wake Up, Shake Up!</a>
10.30–11:30	<b>WRITING SESSION</b>	Daily lessons for writing can be found on the <a href="#">KS1 Online Classroom</a> .
11:30–12:30	<b>MATHS</b>	Daily lessons for maths can be found on the <a href="#">KS1 Online Classroom</a> . You can watch a maths lesson every day on the <a href="#">White Rose</a> website. Just choose the year group, watch the video and complete the activity. You can then ask an adult to mark your work as all the answers are there for the adults to use! You can also find lots of maths challenges on the <a href="#">I See Maths</a> website.
12.30–13.30	<b>LUNCH</b>	Enjoy a healthy lunch and try to get outside again for some fresh air. Try to help with making your lunch – think about what ingredients and what equipment you need. Making your own lunch makes it taste even better!
13:30–14:00	<b>MINDFULNESS REFLECTION</b>	This is a calm and peaceful time to focus on being healthy, happy and positive! You can also try <a href="#">Headspace</a> – a free website, providing many ideas for mindfulness.
14:00–15:00	<b>WIDER CURRICULUM</b>	Lessons covering the wider curriculum can be found on the <a href="#">KS1 Online Classroom</a> . Further activities can be found on <a href="#">BBC Bitesize</a> .
15:00–15:30	<b>READING TIME</b>	This is the time to enjoy a story! You should have lots of reading books from your teacher, as well as book you chose from the school library. Try to read your book to a grown up and share the story with them – adults like stories too! If you have already read all of your books then you can find some new books to read on <a href="#">Oxford Owls</a> . If you would like to listen to stories, then you can find many audiobooks on <a href="#">Audible</a> . You can also listen to David Walliams reading his stories <a href="#">here</a> .