

# Suggested Daily Structure to Support Home Learning for Reception 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>
09.30–10.00	<b>PHONICS</b>	Watch and join in with our phonics videos on the <a href="#">Reception Online Classroom</a> . Then have a go at the provided worksheet, particularly the hold a sentence and sound buttons. Spellings – Use the spellings that cover your previous week phonics sounds. On Friday, see how you get on writing them independently.
10.00–10.30	<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>
10.30–11:00	<b>WRITING</b>	Daily lessons for writing can be found on the <a href="#">Reception Online Classroom</a> . <b>Remember to use your sound mats for support.</b>
11:00–12:00	<b>INDEPENDENT LEARNING</b>	Use this time to play independently or with your siblings - just as you would in school. Explore the toys around your home and be creative with how you use them. For example, using Lego to create an under the sea world.
12.00–13.00	<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!
13:00–13:15	<b>MINDFULNESS REFLECTION</b>	A chance to take a deep breath and get ready for the afternoon. You can lie on the floor and practise your deep breathing or use a <a href="#">Cosmic Kids Yoga</a> video on YouTube. You can also try <a href="#">Headspace</a> – a free website, providing many ideas for mindfulness. Join us for <a href="#">collective worship</a> on Thursdays.
13:15–13:45	<b>MATHS</b>	Daily lessons for maths can be found on the <a href="#">Reception Online Classroom</a> . <b>Remember to use the resources on Abacus for support.</b>
14:00–15:00	<b>WIDER CURRICULUM</b>	Either use this time to continue your independent learning from this morning or explore some of the lessons covering the wider curriculum on the <a href="#">Reception Online Classroom</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 join us for story time by listening to one of our <a href="#">Reception or KS1 teachers read a story!</a>