

**Key Stage 1
COVID-19 Daily Schedule**

Before 9:00am	Wake Up	Eat breakfast Make your bed Wash your face and clean your teeth Get dressed and put your pyjamas away
9:00- 10:00	Morning Exercise	Have a walk, ride your bike or go to the park if you can. If you have to stay inside, put on Go Noodle or do some Yoga. Click on the PE link on the Remote Learning page.
10:00-11:00	Maths Activities	Practise your number bonds and counting in 2's,5's,10's. Click on the Maths activity on the Remote Learning page and record in your activity book.
11:00-12:00	Literacy Activities	Click on the English link on the remote learning sheet and record the activity in your book. Practise your phonics sound for the day and write it in your book.
12:00-12:30 Lunch What can you do to help get lunch ready?		
12:30-1:00	Tidy Up	Clear and wipe the table Wash your plate and cup.
1:00-2:00	Foundation Online Activities	Complete the Foundation Subject activity on the remote learning page. Remember this is a creative practical activity so you won't need to use your computer.
2:00-3:00	Creative Activities	Lego Jigsaws/Puzzles Painting/Craft
3:00-4:00	Afternoon Exercise	Have a walk, ride your bike or go to the park if you can. Or put on some music and have a dance.
4:00-5:00	Quiet Time	Reading/Puzzles/Colouring/Play a board game Watch Newsround on CBBC
5:00-6:00 Dinner What can you do to help get dinner ready?		
6:00-7:30	Free Time	TV/Electronics Hobbies Showers and getting ready for bed
7:30- 8:30	Bedtime	All children who followed the daily schedule, used good manners and behaved themselves!