

Suggested Nursery Daily Timetable

There is no need to complete this timetable. It is here to provide ideas if you would like some school structure in your school at home but there is no pressure to do so. Make you sure you have fun and embrace the 'new normal'. This timetable best reflects what we would be doing at Nursery on a daily basis.

<u>TIME</u>	<u>Suggested Activity</u>	<u>Ideas</u>
Before 9am	Wake up & Get ready	<ul style="list-style-type: none"> • Make your own breakfast → how healthy can you make it? Can you make it for mum or dad? Brother or sister? • Get dressed by yourself - what's your best outfit? • Brush your teeth for 2 minutes • Make your own bed
9-9:30	Move your Body (P.E)	<ul style="list-style-type: none"> • Use youtube for 'Joe Wicks' live who is online every weekday for 30 mins. Search 'The Body Coach TV' for the live stream.
9:30-10:15	ChIL	<ul style="list-style-type: none"> • The favourite time of the children's day at Nursery - choosing time. • See home learning available on Tapestry, Email and the website for ideas for structured activities. • Perhaps try the 30 day Lego challenge. Older siblings can help to join in.
10:15-10:45	Snack	<ul style="list-style-type: none"> • Try different ways of making healthy snacks • A fruit salad? Fruit kebabs?
10:45-11:30	ChIL	<ul style="list-style-type: none"> • More ChIL time? Surely Not? • Learning through play is the best way for children to develop characteristics of effective learning. It enables them to input their own ideas into play, problem solve and develop imagination. • Continue to look at home learning set for ideas for adult directed activities.

11:30 - 11:45	Phonics	<ul style="list-style-type: none"> • See our sound of the week PPT available on Tapestry each week. • Really become secure in that sound, recognising it, forming it, hearing it, saying it. • Secure Phase 1 phonics using online games and develop rhyming skills.
11:45 - 1:00	Lunch and play	<ul style="list-style-type: none"> • Help the adults prepare lunch • Make sure you wash your hands before eating! • Help tidy away after finishing your lunch.
1:00-1:15	Maths	<ul style="list-style-type: none"> • See our number of the week PPT available on Tapestry each week. • Really become secure in that number, recognising it, forming it, finding it and representing it in different ways. • Sing lots of numbers songs.
1:15 - 2:30	ChIL (outside if possible)	<ul style="list-style-type: none"> • If possible, use this time to go on your 1-hour exercise. • Continue to refer to home learning activities that are to be completed outside. • If you are able to access a garden or own outdoor space, take advantage of the Spring weather and go on bug hunts, build homes for different animals and maybe make bird feeders.
2:30 - 3:00	Down Time	<ul style="list-style-type: none"> • Watch a movie with your family • Play a board game • Read a story

If you would like any ideas for activities, then please get in touch through Tapestry and I will endeavour to prepare what I can.

Stay safe