Old Oak Primary School Suggested timetable

**As we know children thrive with a routine and structure to follow, this may help your children complete their home learning more easily. Early Year’s pupils also need play opportunities. This will give them time to develop their own ideas, get some of their energy out and help them to focus better for their next focussed learning session.**

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| Suggested timings | Subject | Suggested activities |
| 09.00 – 9.30 | PE –  (30 minutes) | Joe Wicks is doing a daily live stream so you can join in with his PE lesson from your living room! [Just click here to take part!](https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ) |
| 09.45 –10:00 | Phonics/ spelling focus (15 minutes) | Our phonic sounds for the week are:  When your child writes the words, please ask them to put in their taps and slides to make them easier to read.  **Monday: UR sound** <https://www.youtube.com/watch?v=9354FVIi0nM> then write:  fur turn burn burp hurt curl churn slurp  **Tuesday: OW Sound**  <https://www.youtube.com/watch?v=8UQ_Mls4qa0> then write  down cow how clown brown town frown growl  **Wednesday: EAR sound** <https://www.youtube.com/watch?v=4JSwmP61nXo> then write  ear fear hear tear beard clear appear dear near year    **Thursday:** **AIR sound** <https://www.youtube.com/watch?v=uZHKK9jnfFQ> then write  air hair fair pair chair stairs repair airport  **Friday: Revision**  Practise the sounds from the week. Rewatch the videos if your child needs more practise.  Can they write these words with the correct digraph/ trigraph  Hurt burp down growl tear dear hair chair  If your child is still working on building confidence with single sounds and reading simple words then please ignore the above activities and do these.  Read the single letter sounds on their sound chart as a warm up every day then watch these videos and help your child to write the suggested words. By saying each word slowly, they will be able to hear each sound.  **Monday:**  Watch <https://www.bbc.co.uk/cbeebies/watch/alphablocks-taps>  and write: at sat pat tap sap  **Tuesday:**  Watch <https://www.bbc.co.uk/cbeebies/watch/alphablocks-in>  And write: in sit tin tip pin  **Wednesday:**  Watch <https://www.bbc.co.uk/cbeebies/watch/alphablocks-man>  and write: man mat map  **Thursday:**  Watch <https://www.bbc.co.uk/cbeebies/watch/alphablocks-din>  and write: din pat pad pan pin tap  **Friday: Revision**  Practise these sounds from the week: s a t i p m d  Rewatch the videos if your child needs more practise.  Can they write words with these sounds  sat tin man map pat tap |
| 10:00-10:30 | play | This is an opportunity for your child to choose something that they would like eg: puzzles, building, construction, painting, drawing, playdough, craft activities, role play, small world animals, dolls house etc. |
| 10.30 – 10.45 | Break | Drink and snack and movement break |
| 10.45 -11.15 | Reading focus  (30 minutes) | Practise your tricky words every day! Here is a fun game that you can play and your grown-ups can help. If your chid can manage phase 1 words then move onto 2, 3. 4 etc. See if you can get a higher score next time you try!  https://new.phonicsplay.co.uk  The phonics play site is currently free  Username: march20  Password: home  Go to resources and in phase 2, play the Tricky word trucks  Time for pupils to enjoy their books or listen/watch a story. You might want to watch stories to support your maths. This week the books are:  We’re going on an Egg Hunt by Martha Mumford  Egg by Sue Hendra  Dora’s Egg by Julia Sykes  The Odd Egg by Emily Gravett     In addition Audible are also offering hundreds of titles for pupils to listen to free.  <https://stories.audible.com/start-listen>  Oxford Owl are also offering age appropriate books online.    <https://home.oxfordowl.co.uk/books/free-ebooks/>      This website has lots of activities for pupils to complete with an English focus.  <https://home.oxfordowl.co.uk/> |
| 11:15-11:30 | Play | If your child did not get a chance to finish something they were working on earlier, then let them continue now. If not, then encourage them to play with something different now, try make something new. Children like repetition and sometimes need encouragement to adapt their play or to try new things that may seem challenging. |
| 11.35– 12.05 | Maths | <https://whiterosemaths.com/homelearning/early-years/>  This maths site gives daily activities linked to practical activities to support the development of necessary skills to support your child’s mathematical development eg: counting, adding, mathematical language, measuring etc.  If you do not have resources to complete some of theactivities, then you can adapt them eg.if don’t have coloured eggs then you could make some by drawing, decorating and cutting them out of paper.    <https://home.oxfordowl.co.uk/kids-activities/fun-maths-games-and-activities/>  There are lots of age appropriate games and activities to print. Start with the 3-4 years and if your child finds these too easy then select 5-6 years. |
| 12.35–  13.30 |  | Lunch – Time outside if possible to get some fresh air. |
| 13.30 – 14.30 | **Topic,**  **Physical development** | Find out about Spring. Ask your grown-ups, look it up in books or on the internet. Look outside your window or in the garden if you have one. How do we know it is Spring? Can you create something that shows it is Spring? You might want to paint a picture, make a spring garden in a box, make a model of a lamb, grow something or make chicks or flowers using the dough.  <https://www.wildlifewatch.org.uk/explore-wildlife/season/spring> gives you some ideas and activities that you could look for if you go out for some exercise.  Don’t forget your playdough disco  <https://www.youtube.com/results?search_query=miss+sprinkles+dough+disco>  Have a play if you need it!  And calm down with some yoga  <https://www.youtube.com/results?search_query=cosmic+yogas> |