

## EYFS Timetable Home Learning

### Example of how to structure your day:

|              |                                     |  |
|--------------|-------------------------------------|--|
| Before 9am   | <b>Wake up</b>                      | <ul style="list-style-type: none"> <li>• Have breakfast</li> <li>• Get dressed by yourself</li> <li>• Brush your teeth</li> <li>• Make your bed</li> <li>• Tidy your room</li> </ul>   |
| 9-9.30am     | <b>Exercise Time</b>                | <ul style="list-style-type: none"> <li>• Outdoor or indoor exercise.</li> <li>• Search- Joe Wicks on Youtube.</li> </ul>   |
| 9.30-10.30am | <b>Phonics, Reading and Writing</b> | <ul style="list-style-type: none"> <li>• Complete work on the home learning zone daily timetable – Phonics and Literacy</li> <li>• Further lessons available on 'Oak National Academy' online</li> <li>• Extra phonics activities in the home learning pack</li> </ul> |
| 10.30-11pm   | <b>Fresh Air</b>                    | <ul style="list-style-type: none"> <li>• Outdoor play or exercise indoors</li> </ul>   |
| 11-12pm      | <b>Creative Time</b>                | <ul style="list-style-type: none"> <li>• Lego</li> <li>• Drawing/painting/colouring/craft</li> <li>• Singing, music</li> <li>• Baking</li> <li>• See also practical ideas in the home learning pack</li> </ul>   |
| 12-1pm       | <b>Lunch/Relax</b>                  | <ul style="list-style-type: none"> <li>• <b>Can you help your parents make your lunch?</b></li> </ul>  |
| 1-2pm        | <b>Maths</b>                        | <ul style="list-style-type: none"> <li>• Complete maths work on the home learning zone daily timetable</li> <li>• Further lessons available on 'Oak National Academy' online</li> <li>• Extra maths activities in home learning pack</li> </ul>                        |
| 2-2.30pm     | <b>Reading time</b>                 | <ul style="list-style-type: none"> <li>• School book and practising reading high frequency words</li> </ul>  |
| 2.30-3-30pm  | <b>Electronics Time</b>             | <ul style="list-style-type: none"> <li>• Supervised educational games/apps- see list of websites and apps in your packs.</li> </ul>  |
| 3.30-4.30pm  | <b>Quiet Time</b>                   | <ul style="list-style-type: none"> <li>• Relax with a book</li> <li>• Play a board game/complete a jigsaw</li> </ul>   |