

Year 1 Suggested timetable

Seesaw= related worksheet on Seesaw

	9:00	9:30	10:15	10:30	11:00	12:00	1:00	1:30	2:15	3:30
Monday	Morning exercise e.g. Walk/ Body coach /football	Learning time Maths (White Rose) Also on Seesaw	Breaktime	Phonics - Ruth Miskin	Learning time Writing Seesaw	Lunch	 Daily reading	Learning Time Science		Exercise/ play e.g. walk, dance, ball skills
Tuesday	Morning exercise e.g. Walk/ Body coach /football	Learning time Maths (White Rose) Also on Seesaw	Breaktime	Phonics - Ruth Miskin	Learning time Writing	Lunch	Daily reading	Learning Time geography Seesaw	Spelling shed	Exercise/ play e.g. walk, dance, ball skills
Wednesday	Morning exercise e.g. Walk/ Body coach /football	Learning time Maths (White Rose) Also on Seesaw	Breaktime	Phonics - Ruth Miskin	Learning time Writing	Lunch	Daily reading	Learning Time Art/ creative time	Mindfulness Seesaw	Exercise/ play e.g. walk, dance, ball skills
Thursday	Morning exercise e.g. Walk/ Body coach /football	Learning time Maths (White Rose) Also on Seesaw	Breaktime	Phonics - Ruth Miskin	Spelling test 11am Learning time Writing Seesaw	Lunch	Daily reading	Learning time comprehension (1 PAGE)	Music	Exercise/ play e.g. walk, dance, ball skills
Friday	Morning exercise e.g. Walk/ Body coach /football	Learning time Maths Seesaw	Breaktime	Phonics - Ruth Miskin	Learning time SPAG Seesaw	Lunch	Daily reading	Creative time (Art/Baking/ gardening)	Times tables Rockstars Diamond dash - paper	Exercise/ play e.g. walk, dance, ball skills