

Dear Parent/ Carer,

**EYFS Self Isolation
Recommended Timetable**

This timetable has been created to support you with Home Learning tasks during a period of self isolation. The tasks have been selected and set by teaching staff across the GLA Trust who have experience in the particular year group. For most suggested activities, links to high quality online learning platforms, such as the Oak National Academy, BBC Bitesize or White Rose Maths, have been provided. Simply hover over the blue writing and click to access the correct webpage, where video guidance is provided for the pupil, before activities are set. Most activities require nothing more than pencil and paper, which makes accessing and completing work at home very straightforward, as your family is self isolating and will not be able to pick up further resources from outside of the home.







The timetable covers the first five days of self isolation. Should a pupil be required to self isolate for longer than this period, their class teacher will make contact to arrange further provision of remote education.

Hints and tips

- **Balance your family schedule** – the timetable is simply a suggestion to help you structure the day. It may be that your home situation will not allow you to stick closely to these timings; please use it as a guide.
- **Share the timetable for the day with your child** – this will allow them to know how the day is structured, how long to dedicate to each session and when to take breaks. This will help you all get along and be successful – being together all day every day can be stressful. Structures and routines help everyone feel confident, safe and secure (including the adults!).
- **Make sure your child takes breaks** - It is important to have some downtime, switch off from schoolwork and spend time away from a screen.
- **If it's not working, try again tomorrow** - although continuing your child's learning is important, we don't expect every child to do every learning activity every day. At this time, we know it's equally important to enjoy time with our children - playing, baking, painting, reading, chatting and sometimes just enjoying doing nothing!

Good luck and stay safe!

	Monday	Tuesday	Wednesday	Thursday	Friday
8:50 – 09:00 Fine Motor	<u>Fine motor</u> Dough disco using the links below: Dough disco original Dough disco if you're happy and you know it Dough disco down in the jungle				
9:00 – 9:30 PE	<u>PE</u> Wake up shake up	<u>PE</u> PE with Joe Wicks	<u>PE</u> Supermovers	<u>PE</u> Cosmic Kids Yoga	<u>PE</u> Just Dance for kids/Go Noodle
9:30-10:00 Phonics	Explore the 'c' sound with Mr Thorne C Practise reading and writing the sound in words.	Explore the 'k' sound with Mr Thorne K Practise reading and writing the sound in words.	Explore the 'e' sound with Mr Thorne E Practise reading and writing the sound in words.	Explore the 'u' sound with Mr Thorne U Practise reading and writing the sound in words.	Recap the sounds learnt this week. Learn the Phase 2 tricky words using the link below: Phase 2 tricky words
10:00 – 10:45	Snack time and break				
10:45 – 11:15 English	<u>English</u> Little Red Hen – Listen and join in with the story	<u>English</u> Little Red Hen – Sing and map the story	<u>English</u> Little Red Hen – Focus on a Character	<u>English</u> Little Red Hen – Reenact the story with a focus on a character	<u>English</u> Little Red Hen – Tell the story independently
11:15 – 11:45 Reading	<u>Reading</u> 1-1 reading using the link: Oxford Reading Tree (free registration required)				
11:45 – 12:30	Free choice				
12:30 – 1:30	  Lunchtime  				
1:30 – 2:00 Maths	<u>Maths</u> Counting objects up to 20	<u>Maths</u> Ordering numbers up to 20	<u>Maths</u> Developing a sense of 10	<u>Maths</u> Exploring Place Value	<u>Maths</u> Finding one more than a number to 20
2:00 – 2:15	<u>Story time</u> Listen to a story from school using the Longford Park YouTube channel OR Listen to a story read by a family member.				
2:15 – 3:15	Free choice				

Free choice activities: This can be anything! For example some arts and crafts, science, outside learning, some maths or phonics activities chosen by the child, or even having some quiet time on a piece of technology or reading. In school we like to give the children some activities linked to things happening that week, for example firework art for Bonfire Night, or poppy art for Remembrance Day. Have fun!