

Dear Parent/ Carer,

**Year 1 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!

<u>Year 4</u>	Monday	Tuesday	Wednesday	Thursday	Friday
08:45 – 09:00	PE Wake up shake up	PE PE with Joe Wicks	PE Supermovers	PE Cosmic Kids Yoga	PE Just Dance for kids/Go Noodle
9-9:30am	Phonics – explore the ‘or’ sound with Mr Thorne Mr T – ‘or’	Practice ‘or’ with flashcards then watch the Alphablocks episode	Play Alien Escape to practice your phase 3 sounds	Play Buried Treasure to practice your phase 3 sounds	Write a list of as many ‘or’ words as you can. Test your parent or carer’s spelling by setting them a test.
9:30-10:00	1-1 reading using Oxford Owl (click link – use the login ‘GLAYear1’ and the password ‘home20’)	1-1 reading using Oxford Owl (click link – use the login ‘GLAYear1’ and the password ‘home20’)	1-1 reading using Oxford Owl (click link – use the login ‘GLAYear1’ and the password ‘home20’)	1-1 reading using Oxford Owl (click link – use the login ‘GLAYear1’ and the password ‘home20’)	1-1 reading using Oxford Owl (click link – use the login ‘GLAYear1’ and the password ‘home20’)
10:00 – 10:45	Snack time and break				
10:45 – 11:30	English: How butterflies came to be Lesson 1	English: How butterflies came to be Lesson 2	English: How butterflies came to be Lesson 3	English: How butterflies came to be Lesson 4	English: How butterflies came to be Lesson 5
11:30 – 12:15	Free Choice				
12:15 – 1:15			Lunchtime		
1:15 – 2:00	Maths: Multiplication – counting in twos	Maths: Multiplication – counting in twos and counting on from a multiple of 2	Maths: Multiplication – units of 10 and counting in tens	Maths: Multiplication – Counting on from a multiple of 10	Maths – Multiplication – units of 5 and counting on in fives
2:30-3:15	Free Choice				

Free Choice Activities: This can be anything! Maybe arts and crafts, house work, science, outside learning, child choice of play, learning about inventors, transport, geography, history, coding, mini beast hunts, weather investigations, exercise, digging, going on scavenger hunts, or even having some quiet reading/tablet time. The opportunities are endless! Have fun and enjoy!