

## Year 1 Suggested Timetable

Before 9am	Wake Up!	Wake up, wash, brush teeth, get dressed, have breakfast
9am	Morning Exercise	Joe Wicks keep fit
9.30am	Learning Time	Sumdog Maths challenge
10am	Morning Exercise	Go Noodle
10.15am	Break Time	Snack
10.30am	Learning Time	Reading, outside if possible
11am	Learning Time	Handwriting practice and writing task
11.30am	Morning Exercise	Oti Mabuse dance class
12pm	Lunch	Can you help prepare it?
1pm	Learning Time	Sumdog Spellings
1.30pm	House Chores	Help tidy around the house or do chores to help
2pm	Learning Time	Topic/Art/Science/DT
3pm	Afternoon Exercise	Play games in the garden/go for a walk/cycle
4pm	Free play	TV, games, lego etc
5pm	Dinner	Can you set the table and clear plates away afterwards?
6pm	Evening Exercise	Cosmic Kids Yoga/Zen Den
7pm	Bedtime	Brush teeth, wash, story time, sleep