









Robert Mellors Primary Academy

Suggested Routine F1 (Nursery)

<p>By 8:00 am</p>	<p>Wake up Reading Time</p>	 <p>Jobs</p>	<p>Have breakfast Get dressed Brush your teeth (for 2 minutes)</p>
<p>9:00 – 9:30 am</p>	<p>PE</p>		<p>Log onto You Tube for a Joe Wicks workout https://www.youtube.com/playlist?list=PLYCLOPd4VxBvQafyve889qVcPxYEjdSTI <i>or</i> use a routine from Go Noodle https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/</p> <p>If you're feeling creative, make up your own exercise routine!</p>
<p>9:30 – 10:30am</p>	<p>Drawing and Play</p>	 <p>Writing</p>	<p>Have a go at one of the suggested activities on the website or 'free drawing'. Older nursery children can write their names on their drawings. (Children will vary in the length of time they will be interested in this, let them play when they have finished)</p>
<p>10:30 – 11:00 am</p>	<p>Break time No electronics!</p>	 <p>Break</p>	<p>Play outside in the garden or go for a walk .</p>
<p>11:00 – 12:00</p>	<p>Free Play</p>	 <p>Maths</p>	<p>Make a den in the garden, play a ball game, do some digging</p>
<p>12:00 – 1:00pm</p>	<p>Lunch/ Relax</p>	 <p>Lunch</p>	<p>Can you help to prepare/make lunch? Eat lunch together when possible.</p>
<p>1:00 – 1:45pm</p>	<p>Maths Games/ Practical Activity</p>	 <p>Science</p>	<p>Any kind of board game involving counting or make your own (see suggestions on website)</p> <p>Practical activity e.g. count the pairs of socks in the washing, how many cookies are left or how many plates are needed for dinner</p>
<p>1:45 – 2:45pm</p>	<p>Free Play</p>	 <p>Break</p>	<p>Play with your toys, do a creative activity, make a school with your teddies.</p>

**2:45 –
3:00pm**

Story time



Choose a story to read with a parent or older brother or sister