




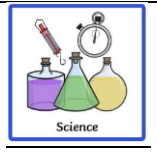



Robert Mellors Primary Academy

Suggested Routine for F2

<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 or use a routine from Go Noodle https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/ If you're feeling creative, make up your own exercise routine!</p>	
<p>9:30 – 10:30am</p>	<p>Drawing and writing</p>	 <p>Writing</p>	<p>Have a go at one of the suggested activities on the website or Twitter @RobertMellorsPA or 'free writing'- draw picture and write a caption, sentence, short story or fact book about something that they are interested in. Why not try a game from here; https://www.bbc.co.uk/cbeebies/shows/alphablocks</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. Play a board or card game. Practise skipping, hopping and star jumps or catching and throwing a ball or a balloon.</p>	
<p>11:00 – 12:00pm</p>	<p>Free Play</p>	 <p>Maths</p>	<ul style="list-style-type: none"> • Make a den • Do some colouring • Build something • Do some cutting and sticking 	<ul style="list-style-type: none"> • Do some digging • Make up a play or a dance
<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 game involving counting (see suggestions on website). Working with numbers to 20 1 more and 1 less, ordering numbers, adding and taking away with single digit numbers, doubling, halving and sharing, writing the numbers You could have a go on one of the games here; https://www.bbc.co.uk/cbeebies/shows/numberblocks</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