



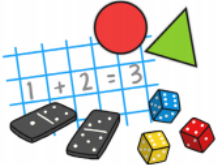








Robert Mellors Primary Academy

Suggested Routine for Y1 and 2

By 8:00am	Wake up		Have breakfast Get dressed Brush your teeth (for 2 minutes) Make your bed
9:00 – 9:30am	PE		Log onto You Tube for a Joe Wicks workout https://www.youtube.com/playlist?list=PLyCLOPd4VxBvQafyve889qVcPxYEjdSTl or use a routine from Go Noodle https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/ or Supermovers https://www.bbc.co.uk/teach/supermovers/ks1-maths-collection/z6v4scw If you're feeling creative, make up your own exercise routine!
9:30 – 10am	English		Choose either; Pobble 365 activity https://www.pobble365.com/ or a BBC Bitesize daily lesson https://www.bbc.co.uk/bitesize/primary
10am – 10:30	Break time		Play in the garden if the weather is nice or play indoors with some of your toys.
10:30 – 11am	Maths		Choose either; A White Rose activity – Year 1 https://whiterosemaths.com/homelearning/year-1/ A White Rose activity – Year 2 https://whiterosemaths.com/homelearning/year-2/ or a BBC Bitesize daily lesson https://www.bbc.co.uk/bitesize/primary
11-11.30 am	Break time		Play in the garden, go for a walk with an adult, or play with toys indoors. Can you skip/hop/jump? Maybe you could make up an obstacle course?
11.30-12pm	Reading		Read a book to yourself or to someone else in your house or even to a pet or one of your teddies! Maybe you could Facetime someone to read to them?

12-1pm	Lunch		<p>Can you help to make lunch? Eat lunch together when possible.</p>
1-1.45pm	Creative / topic / science time		<p>Use the afternoons to be creative if you can. Here are a few ideas: Draw or paint a picture Do some cooking with a grown up Complete some jigsaw puzzles Make up a dance routine Sing some of your favourite songs (some of ours are here https://www.robertmellors.notts.sch.uk/curriculum/music/)</p> <p>or choose a topic from BBC Bitesize to learn about https://www.bbc.co.uk/bitesize/levels/z3g4d2p</p> <p>You could also use this time to complete any topic work we have put onto the website for you.</p>
1.45 – 2.15pm	Active break		<p>Do a dance routine from Go Noodle https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/ or Supermovers https://www.bbc.co.uk/teach/supermovers/ks1-maths-collection/z6v4scw or anything else you fancy that will keep you active</p>
2.15 – 3.15pm	Creative or Topic time		<p>Continue with some creative time (using the ideas above)</p>