

Year 1 Suggested Weekly Timetable

Spring 1 – African Adventure

	Session 1 20 mins	Session 2 45 mins	Session 3 45 mins	Wellbeing 30 mins	Session 4 40 mins	Reading 20 mins	Session 5 40 mins
Day one	Phonics – using phonics pack	English Recorded lesson from school	B Maths White Rose	Exercise	L Geography https://www.bbc.co.uk/bitesize/articles/z7vmdp3	Reading	French https://www.andrewsendowed.co.uk/home-learning/la-page-francaise/
Day two	Phonics - using phonics pack	English Recorded lesson from school	R Maths White Rose	Exercise	U Topic grid choice	Reading	PSHE https://classroom.thenational.academy/units/healthy-isnt-a-goal-its-a-lifestyle-4f16
Day three	Phonics - using phonics pack	English Recorded lesson from school	E Maths White Rose	Exercise	N Geography https://classroom.thenational.academy/lessons/what-is-africa-like-cmv38c	Reading	Music https://www.bbc.co.uk/teach/ten-pieces
Day four	Phonics - using phonics pack	English Recorded lesson from school	A Maths White Rose	Exercise	C Computing https://www.bbc.co.uk/bitesize/topics/zbhgjxs/articles/z9myvcw	Reading	Topic grid choice

Day five	Phonics - using phonics pack	English Recorded lesson from school	K	Maths White Rose	Exercise	H	Science https://www.bbc.co.uk/bitesize/articles/z9df6g8	Reading Calming activity – E.g. colouring, Lego, small world play, painting, spending time with your family
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