



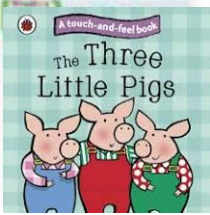














RECEPTION TIMETABLE...Just a suggestion

 <p>9.00 am</p> <p>Wake Up, Shake Up</p>  <p>PE with Joe Wicks or Cosmic Kids Yoga</p> 	 <p>9.30 am</p> <p>Reading</p> 	 <p>9.45 am</p> <p>Writing Task</p> 	 <p>10.15 am</p> <p>Snack and Free Play</p>  <p>A snack and active break, inside or outside</p>	 <p>10.45 am</p> <p>White Rose Maths Activity</p> 	 <p>11.15 am</p> <p>Break</p>  <p>Complete a daily play challenge independently. Or they could listen to a story.</p>	 <p>11.30 am</p> <p>Phonics</p> 	 <p>12.00 pm</p> <p>Lunch and Free Play</p>  <p>Involve them in making lunch</p>
<p>The children cope better with focus tasks in the morning. Plan breaks and free time around the focus learning activities. Keep the afternoons more relaxed and flexible.</p>		<p>Explore an activity together or independently. Use one of the educational videos from the plan as a starting point. Try out one of the art and craft ideas. Cook or bake together.</p>		<p>Play... board and card games together, with Lego or other construction toys, imaginative free play with toys or dressing up, in the garden</p>		<p>Use the yoga or story time videos to calm them and give them down time. Please remember this timetable is suggestion, there is no single right way of doing this.</p>	