**Primary 1 Home Learning Timetable**

Use this timetable to help your learning at home

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| Before 9am | Wake Up | wake up2.jpg | Have breakfast  Get dressed  Brush your teeth  Make your bed  Tidy your room |
| 9am-10am | Exercise Time | exercise.jpg | If possible: morning walk or indoor exercise.  Sensory Processing, Yoga, ‘Wake and Shake’, Star Jumps etc…  *See ‘Exercise Ideas’ on page 3* |
| 10am-11am | Academic Time | academic.png | **No Electronics**  Complete a task on the Primary 1 ‘Home Learning Wall’, reading/sharing a book |
| 11am-12pm | Creative Time | creative.png | Lego, drawing, colouring, craft activities, singing, music, cooking/baking together |
| 12pm-1pm | Lunch/Relax | lunch.png | **Controlled Electronics**  iPads/tablets, computers and games consoles. **Please remember to be safe online.** |
| 1pm-1:30pm | Exercise Time | exercise.jpg | *See ‘Exercise Ideas’ on page 3* |
| 1:30pm-2:30pm | Academic Time | academic.png | **No Electronics**  Complete a task on the Primary 1 ‘Home Learning Wall’, reading/sharing a book |
| 2:30pm-3pm | Quiet Time | relax.jpg | Relax with a book, watch a TV programme, play a board game etc… |
| 3pm-4pm | Fresh Air | fresh air.jpg | Outdoor play or exercise indoors |
| 4pm-5pm | Electronics Time | ipad.jpg | **Supervised Electronics**  Supervised educational games/apps. (See list of Websites and Apps on page 3) |
| 5pm-6pm | Tea Time | dinner.png | Have tea and then relax. Prepare for bed/story time. |

Sensory Processing and Exercise Ideas

* Jump on Trampoline
* Climbing Activities
* Play Dough
* Ride a scooter or a bike
* Running/jumping games
* Wear a heavy backpack
* Carry shopping bags
* Create a ‘Go Noodle’ account, it is free and has lots of fun and free physical activities
* Dance along to ‘Just Dance’ video on YouTube
* Jack Hartmann Kids Music Channel on YouTube
* Kids Yoga on YouTube
* Cosmic Kids Yoga (on YouTube or [www.cosmickidsyoga.com](http://www.cosmickidsyoga.com))

Websites and Apps

* Barefootcas.org.uk
* Communication4all
* Woodlands Resources
* BBC Bitesize
* letters-and-sounds.com
* Twinkl – currently free
* ictgames.com
* Topmarks.co.uk
* Nrich.maths.org
* Science Kids
* Sciencebob.com
* Stem.org.uk/teaching-science-through-stories
* Primary Teaching Resources/TES (register for free)
* Primaryresources.co.uk
* Teachingideas.co.uk
* Theteacherscorner.net
* Kidzone
* [dltk-kids.com](https://dltk-kids.com)
* Bigactivities.com
* Thelittleactivitychest.com
* Go Noodle
* Early Years Experience
* Ichild.co.uk
* Education.scholastic.co.uk (register to access free resources)
* CanTeach
* Icanteach.co.uk (provides links to other websites)
* Oxford Owl

FIND MORE IDEAS ON THE NEXT PAGE!

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| **Sensory Regulating Ideas** | **Sensory Organising Activities** | **Sensory Calming Activities** |
| Jump on a trampoline  Running and Jumping Games  Play in sand pit and with wet sand  Bounce on a space hopper  Skipping  Jumping onto a crash mat  Bouncing on an exercise ball  Go for a run  Star jumps etc.  Step ups: use the bottom step on stairs | Crab walking  Press ups  Rolling on tummy on exercise ball… walk hands out as far as possible without falling off  Wheel barrow walk  Play catch with a heavy ball  Unpack heavy groceries  Wear a heavy backpack for short periods of time  Riding a bike  Playground equipment  Swimming | Provide small box/tent with blankets or cushions for the child to squeeze into to calm and quiet  Roll tightly in a towel or blanket  Bear hugs  Firm towel rub after bathing/swimming  Sit with pillow/weighted blanket etc on lap  Fidget toys, have a selection in a box/basket  Chewy tubes, chewing gum, gummy bears  Blowing bubbles  Pilates plank |