**Nursery Timetable**

**Here is a guide for you to follow whilst your child is off school, please don’t feel you need to stick to it rigidly. You can dip in & out to suit your daily routine.**

**I would advise that you do have a routine, as this will help your child.**

**8.30-9.00 am Practise getting dressed**

help to get dressed (this will help your child to become independent and help when they have to get changed for P.E)

**9.00-9.30am Wake & Shake : Cbeebies**

Or join in with Joe Wicks P.E sessions on youtube

**9.30-9.45am \_Choose one of the following activities**

Practise writing your name

Practise writing learnt RWI sounds (m,a,s,t,d,n,i) say the writing phrase (in home learning booklet)

Match objects to sound/letter

Oral Segmenting & blending for instance say the 3 sounds that make up a word ( try to use the sounds that we have learnt so far)

m a t = mat, S a m = Sam, t a p= tap

play I Spy give not only using initial sounds, but give clues, use colours, what object may be used for.

Draw a picture of your family and label who they are

Write or draw a shopping list

Write or draw a menu for lunch, tea time

Make a card for somebody special

Read a story; draw a character or your favourite part of the story

**9.45-10.00am- snack time**

**10.00-10.30am –Outdoor or physical exercise time**

Travelling in different ways in the garden; skipping, running, hopping,

Throwing and catching

Play football

Riding a bike, scooter

Hopscotch

Go on the trampoline

Swing, slide

Make an assault course, going over and under

Put on the music and dance using gross motor skills

Making Dens

10.30am **Free playtime**

11.30 am **Play a game**

I Spy

I’m thinking of something that is

I went to the shops and I bought….

Complete a jigsaw

Play a simple board game, bingo game, matching game

12.00 noon **Lunch time**

1.00pm- **Maths**

Count out objects, small toys, use pointing finger to count.

Match objects to a numeral (If there are 4 toys, match with a number 4)

How many altogether (3 blue cars and 4 red cars, count how many altogether? 7 altogether.

Some children are using symbols + and = you can use these if you feel your child understands them.

Compare quantities, use language more, most, least, less, the same

Sing number Nursery Rhymes ( 5 little monkeys, 5 speckled frogs, 5 currant buns; you can find these on youtube or cbeebies

Watch number jacks (cbeebies)

There are always opportunities to count; count the stairs, count how many jumps to the end of the garden, count how many fairies, Pj mask figures you have

>Go on a shape hunt; talk about size, position of different shapes; The clock is a circle, the plate is a circle

> Look at different shapes in the environment

Use positional language; put the tiger on top of the box, under, behind, next to

Play number Bingo (numbers to 5, then 10)

Look for opportunities to identify & match colours; What colour is Leonardo’s eye mask? What colour is Elsa’s dress? Can you find me ...

**1.30pm Free play time**

Arts & Crafts

2.30pm – Help your parent; prepare tea, fold washing, tidy toys away, etc

**2.45pm** **Quiet time**

Listen to quiet music

Relax

Yoga for children (youtube)

Share a story

**7.00-8.00pm Bedtime**

Remember to keep a bedtime routine, even though your child is off school

Bedtime story –Share a story

Audible Stories-Audible.com has free audio books to listen too!

Please, please look after your own well- being as well as your child’s well-being during this time

Have fun together; laugh, bake, get messy, sing, dance, talk & listen to each other.

Take Care Mrs Foot