

## KS1 Daily Plan

Time	Focus	Task
9.00-10.00	Physical time	Morning activity, walk. Check out: <a href="#">imoves</a> is a good website for physical activity, along with Joe Wicks' works outs for kids <a href="#">The Body Coach</a>
10.00- 11.00	Academic time	Look at the activities on the first page of this week's plan Aim to complete: 1 daily maths activity 1 daily writing activity
11.00-12.00	Creative time, including topic work	Choose an activity from the 2 <sup>nd</sup> page of your learning project. Also, making things, Lego, drawing, art, cooking, music, colouring - you can stick these into your home learning book.
12.00 – 1:00	Lunch	
1.00 -2.00	Academic time	Electronic Learning Explore Purple Mash, My Maths etc.
2.00-3.00	Reading and spelling time	Do some reading, either on your own or with an adult, and when you have finished, take a quiz on Accelerated Reader or complete a book review.
3:00 – 3:15	Daily acts of kindness	What kind things have you done today? Make a record of one in your Little Book of Kindness.
3.00-4.00	Physical time	Do something really energetic – anything that gets your heart racing!