


### Westbridge Year 1 Home Learning Timetable

Day	9am – 10am Oak National Academy Schedule		10.15am – 11.15am Oak National Academy Schedule	11.15am – 11.30am Mindfulness & Well-Being	11.30am- 12.30pm Oak National Academy Schedule		1pm – 2pm Physical Education	2pm – 2.45pm Key Skills	2.45pm – 3.30pm Foundation Subjects
Monday	Lesson 1 1 hour	Break	Lesson 2 1 hour	Action for Happiness Calendar – discuss and complete Monday’s action with your family	Lesson 3 1 hour	Lunch Time	PE with Joe Wicks online	<b>Monday – Wednesday</b>  Reading 15 minutes	Discovery Education online (KS1 news, foundation subjects)  Drawing, creative writing and craft activities
Tuesday	Lesson 1 1 hour		Lesson 2 1 hour	Action for Happiness Calendar - discuss and complete Tuesday’s action with your family	Lesson 3 1 hour		Take a short walk with your family, dance, or practice yoga		Handwriting 15 minutes  Phonics Play online 15 minutes
Wednesday	Lesson 1 1 hour		Lesson 2 1 hour	Action for Happiness Calendar - discuss and complete Wednesday’s action with your family	Lesson 3 1 hour		PE with Joe Wicks online	<b>Thursday – Friday</b> Reading 15 minutes	Purple Mash online (send a message to your teacher, share your learning, ask questions)  Drawing, creative writing and craft activities
Thursday	Lesson 1 1 hour		Lesson 2 1 hour	Action for Happiness Calendar - discuss and complete Thursday’s action with your family	Lesson 3 1 hour		Take a short walk with your family, dance, or practice yoga		Learn some cooking skills by helping to prepare a healthy snack/meal
Friday	Lesson 1 1 hour		Lesson 2 1 hour	Action for Happiness Calendar - discuss and complete Friday’s action with your family	Lesson 3 1 hour		PE with Joe Wicks online		Handwriting 15 minutes  Sumdog online 15 minutes
 <b>Remember</b>			Take <b>pride</b> in all of your work		<b>Persevere</b> when the task is hard		Have a <b>positive</b> attitude		Fulfil your <b>potential</b>

