













Suggested Nursery Timetable

Time	What's the activity?	What you could do
Before 9.00am	Prepare for the day 	Wake up, make your bed, eat breakfast, brush your teeth.
09.00-09.30	Morning Exercise 	https://www.youtube.com/watch?v=oc4QS2USKmk or search for different YouTube videos (P.E for nursery) or create your own exercise routine
09.30-10.15	English, Maths or free play time. 	Complete activities such as reading, mark making or counting games. Free play time – playdough, threading using pasta and cheerios, sensory play (flour, sand, water etc.). More ideas will be sent to you on the nursery home learning/topic sheet.
10.15-10.45	Break and snack 	Healthy snack (some short physical activity)
10.45-11.00	Mindfulness 	Have some quiet time (you can do this inside or in the garden). Lie down on your back and place a small toy on your tummy. Practise breathing in and out and watch how the toy moves. Can you make it go any higher/lower? You could also try yoga for children: https://www.youtube.com/results?search_query=cosmic+yoga
11.00-11.30	English, Maths or free play time. 	Complete activities such as reading, mark making or counting games. Free play time – playdough, threading using pasta and cheerios, sensory play (flour, sand, water etc.). More ideas can be found on the nursery home learning/topic sheet.
11:30-11:40	Register time with staff	Join us on Teams to say hello to your friends and teachers (join us using the link emailed to you)
11.40-12.30	Project time 	Project work (see nursery home learning/topic sheet), complete an arts/craft activity or a weekly challenge (can be found on the school website).
12.30-1.30	Eat lunch and play 	Balanced lunch, downtime Take some time to talk to a friend or family member online or on the phone
1.30-2.30	Project time 	Project work (see nursery home learning/topic sheet), complete an arts/craft activity or a weekly challenge (can be found on the school website).
2.30-3.00	Fitness 	Outside - daily walk, run or cycle or get active in the garden. Inside – play hide and seek, set up an obstacle course using materials found around the house.
3.00-3.15	Listen to a story 	Read a story together with another member of your family or listen to an audio tape/ online story. These can be found on YouTube. https://www.youtube.com/results?search_query=books+for+nursery www.facebook.com/sloughearlyyears/videos/218258476264579/
3.15-3.30	Housework Challenge 	Tidy up time! – sort toys, clean bedroom!