

Year 1

Keeping a routine

Remember that children's sense of time can be quite different from adults, with hours and days feeling much longer. Make sure to keep a routine. Children days are usually filled with school times, home time, meal times and bed times. Keep a schedule of daily activities, including reading, writing and maths sessions. Make use of technology such as computers and iPads to help children continue learning, and use activities such as baking, art and garden time to help them learn about the living world and creative arts.

It is important for children to go out for exercise at a safe distance. This is incredibly useful in helping children continue to play and stay healthy. Think about the usual times children have space to move: on the way to school, breaks, PE and after school activities – their bodies will miss this if it stops.

Daily Timetable

Before 9:00am	Wake Up/BREAKFAST
9:00am	Learning Time- Reading and Writing Lessons see Compass
10:00am	Morning Tea/ Fruit Break
10:30am	Learning Time – Maths Lesson See Compass
11:30am	LUNCH
12:15pm	Daily physical activities-see Compass
1:00pm	Learning Time – Integrated Lesson/Specialist See Compass
1:45pm	Quiet Time
2:15pm	Learning Time – Integrated Lesson/Specialist See Compass
3:00pm	Afternoon Fresh Air Or Creative Time -See ideas below
4:00pm	Reading Eggs and Mathletics
5:00pm	DINNER
6:00pm	Free Time
7:30pm	Reading- Books- Read to your child
8:00pm	Bed Time

Exercise Ideas

- **Go Noodle** <https://www.gonoodle.com/> - movement and mindfulness videos created by child development experts. Available for free at school, home, and everywhere kids are!

- Make up a workout and do it together (e.g. 25 star jumps, 20 squats, 15 crunches, hop like a bunny around the lounge room, frog leap your partner)
- Follow Exercise Workout Videos e.g. https://www.youtube.com/watch?v=L_A_HjHZxfI
<https://www.youtube.com/watch?v=388Q44ReOWE>
<https://www.youtube.com/watch?v=F2XVfTzeI8E>
- Yoga For Kids: <https://www.youtube.com/watch?v=X655B4ISakg>
- Keep a balloon in the air as long as possible
- Have a Living Room disco – play freeze, musical chairs, have a dance off
- Treasure hunt (with clues, hide a favourite toy somewhere in the house)

Art Activities

- Use a mirror to draw a self portrait
- Try shadow drawing, leaf rubbings, painting bark or stones
- Paint or draw a family portrait to be framed and hung
- Write notes of love, compliments or doodles and hide them around the house for family to find
- Graffiti the garden fence with chalk

Craft Ideas

- Make Origami animals or paper ninja stars
- Organise your Lego and then have a building challenge. Who can build the best house, hotel or shop?
- Build a fort using the couch and every cushion/pillow you can find
- Thread pasta into jewellery
- Create a paper crown for a member of your family and decorate it
- Make a paper chain to hang up
- Fold paper and cut out paper snowflakes
- Build a house with a deck of cards
- Play cinema – make tickets, popcorn, give your guests a rug and watch a movie together
- Press flowers within a few heavy books
- Play dress ups in mum and dad's clothes – do a photoshoot
- Change the bedsheets and build a sheet city in your bedroom before they get washed!
- Build the highest block tower you can

Skills to Learn

- tie shoe laces
- braid hair
- full name, address and a phone number to reach you
- make an emergency call
- finger knit, french knit or braid wool into friendship bracelets
- tell the time o'clock and half past times
- brush teeth, comb hair and wash face without help
- straighten up the bathroom after using it
- make bed without assistance
- make a basic meal like a sandwich
- feed pets
- help with basic laundry chores, such as putting clothes away and bringing dirty clothes to the laundry
- clear the table after meals

- help put the shopping away
- go through your board/card games and challenge yourself to play them all. Design your own game

Cooking Ideas

- go through recipe books together and have a bake off challenge
- learn how to bake bread
- cook meals together
- Recipe ideas: <https://www.kidspot.com.au/kitchen/recipes/collections/cooking-with-kids>

Outdoor Activity Ideas

- Gardening – pull weeds, trim bushes, collect flowers for a vase
- Make a mud kitchen in the garden, make different coloured rock paint
- Take some garden clippings and see which ones you can get to grow roots for replanting
- String up a sheet tent in the backyard
- Do a backyard scavenger hunt
- Create an obstacle course
- Find 10 different shaped leaves in the garden
- Outdoor games like egg and spoon race, tag team races and three legged races
- Fold paper planes and see how far they will fly
- Have a handball tournament