



**Numeracy and Mathematics**

I can tell the time using 12 hour clocks, realising there is a link with 24 hour notation, explain how it impacts on my daily routine and ensure that I am organised and ready for events throughout my day. **MNU 1-10a**

I have begun to develop a sense of how long tasks take by measuring the time taken to complete a range of activities using a variety of timers. **MNU 1-10c**

- Estimate how many times you can write your name in one minute and then test this. For an additional activity, jump or hop until you think a minute is over.
- Use the routine cards to create a timeline for a day. Write down the times beside each card. How long do you spend on each activity? Talk with a partner about the things you enjoy spending time on.
- One of the activities on the cards is reading a book - how much time do you think you spend reading each week? Make an estimate. Keep a reading diary for the week, using a timer to record when you start and finish reading or listening to stories, then add up the amount of time and compare it to your estimate.

**Writing**

By considering the type of text I am creating, I can select ideas and relevant information, organise these in a logical sequence and use words which will be interesting and/or useful for others. **LIT 1-26a**

- Choose one of the activities, such as doing your homework. Imagine that one day something strange happened while you were doing this - what could it be? Write a story about it and share it with the class.
- Imagine a monster. What would their daily routine look like? Use the time cards to help you map out their day and their activities. Once you are finished, you could write a diary entry describing their day.\*

**Listening and Talking**

When I engage with others, I know when and how to listen, when to talk, how much to say, when to ask questions and how to respond with respect. **LIT 1-02a**

- Talk about your daily routine in pairs. Are there any similarities or differences?

**Drama**

Inspired by a range of stimuli, I can express my ideas, thoughts and feelings through drama. **EXA 1-13a**

- Place the cards in order to show the routine of your day. Act this out so that others can guess what you are doing. Add in one extra thing you enjoy doing in a day. Can your group guess what it is?

**Health and Wellbeing**

I am aware of the role physical activity plays in keeping me healthy and know that I also need to sleep and rest, to look after my body. **HWB 1-27a**

I understand that my body needs energy to function and that this comes from the food that I eat. I am exploring how physical activity contributes to my health and wellbeing. **HWB 1-28a**

- Talk as a class about what time you go to bed and what time you get up. What can help you relax and get a good night's sleep? Make posters in small groups about the importance of getting a good night's sleep and how to relax.
- Look at the lunch card. Can you discuss in groups what makes a healthy lunch? Use the worksheet to create a healthy lunchbox and to create your perfect lunchbox. \*