**Foundation weekly timetable**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **9-9:30** | **9:30-10:30am** | **10:30-11:30am** | **11:30-12:00** | **Lunch**  **12-1pm** | **1-1:30pm** | | **1:30-2:40** | **2:40-3:00** |
| **Monday** | **Phonics** | **Independent choice activity** | **Craft Activity/**  **Sensory Exploration** | **Maths** |  |  | **Yoga and Mindfulness** | **Topic Work** | **Story time** |
| **Tuesday** | **Phonics** | **Independent choice activity** | **Craft Activity/**  **Sensory Exploration** | **Maths** |  |  | **Nature Play** | **Topic Work** | **Story time** |
| **Wednesday** | **Phonics** | **Independent choice activity** | **Craft Activity/**  **Sensory Exploration** | **Maths** |  |  | **Yoga and Mindfulness** | **Topic Work** | **Story time** |
| **Thursday** | **Phonics** | **Independent choice activity** | **Craft Activity/**  **Sensory Exploration** | **Maths** |  |  | **PE** | **Topic Work** | **Story time** |
| **Friday** | **Phonics** | **Independent choice activity** | **Craft Activity/**  **Sensory Exploration** | **Keep Fit Maths** |  |  | **Yoga and Mindfulness** | **Topic Work** | **Story time** |