

Example Timetable - KS3 (Y7/8)

Remember it is important to make sure you are covering all your subjects and trying to do equal amounts of English, Maths and Science. Make yourself a timetable for each day/week to keep track of what you are going to do and tick off what you have done each day.

8.30am	Breakfast (Remember that it is important to stay in healthy routines whilst at home in order to fuel students for the day ahead)	
9am	Physical Activity (Get our bodies and brains working. Now we don't have a journey to school, replace it with another physical activity)	Suggested Activities Joe Wicks is leading a half an hour workout live at 9am each weekday, aimed at getting students warmed up for the day ahead...getting body and brains working. Find it at Youtube/Joe Wicks
9.30 - 10.15am	Subject 1 (English, Maths or Science)	
10.15 - 11am	Subject 2	
11 - 11.30am	Break	
11.30 - 12.15pm	Subject 3	
12.15 - 1pm	Lunch	
1 - 2pm	Enrichment Activities Choose 1 or 2 of the activities in the list opposite - remember that it is important to think creatively and engage our brains in different ways. It also gives you the freedom to choose what you enjoy. If you think you don't enjoy any of them, have a go anyway - you might just find you do!	Suggested activities Reading This could be alone or together, fact or fiction books, magazines, blogs...talk to someone about what you have read and any new or unknown words Run out of books...Free Audio books are available at... https://stories.audible.com/start-listen Discussion Set a discussion question and spend time talking about it with family or friends (remotely of course) - encourage everyone to talk, actively listen and respond to each other's points of view. Ideas for discussion questions can be found in the home learning section on the website. Get watching Choose something from the suggested watching list (ideas can be found in the home learning section on the website) - make sure you talk about it afterwards or send a message to a friend to recommend it!

		<p>Or get more interactive and engage with one of these free online activities led by a range of celebrities...</p> <p>Youtube/Gareth Malone (Great British Home Choir. - 5.30pm each week day)</p> <p>Youtube/Oti Mabuse (Learn a dance routine every day at 11.30am)</p> <p>Youtube/Jamie Oliver (Choose a dish and learn to cook advised by an expert)</p> <p>Take a virtual trip around a museum, gallery, zoo or a virtual trip to the theatre...</p> <p>https://zoo.sandiegozoo.org/live-cams</p> <p>https://www.edinburghzoo.org.uk/webcams/penguin-cam/</p> <p>https://www.dublinzoo.ie/animals/animal-webcams/</p> <p>https://www.louvre.fr/en/visites-en-ligne#tabs</p> <p>https://britishmuseum.withgoogle.com/</p> <p>https://www.housebeautiful.com/uk/lifestyle/g32030829/coronavirus-lockdown-stream-musicals-theatre-shows-free/</p> <p>Get Creative</p> <p>Create a news report, make a model, draw a picture, bake, do a jigsaw, choreograph a dance, interview a family member or get writing - Mrs Charlton will be sending out a creative writing task each day to all students for you to have a go at.</p>
2pm	<p>Well-being Activities</p> <p>Remember that at uncertain times it is important to think about your own well-being and keeping your body and mind healthy. Spend some time each day doing the things you enjoy.</p>	<p>Suggested activities</p> <ul style="list-style-type: none"> ● Get outside in the garden or go for a walk (only with members of your immediate family and remembering to stay 2 metres apart from others) ● Play a board game ● Do an online quiz ● Message, group call or skype your friends ● Listen to some music ● Choose an activity from the list in this link...https://www.actionforhappiness.org/media/865781/april_2020.jpg ● Practice some mindfulness - there are lots of apps and online resources to help you do this. Find mindfulness apps for teenagers at https://healthyyoungmindspennine.nhs.uk/resource-centre/apps/