

Example Timetable - KS4 (Y9/10)

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

***** The Y7/8 timetable has ideas for 'enrichment' activities. If you wish to replace subject 4 on some days please do - some students will find working through 4 sessions of independent learning a struggle, for these students we recommend choosing an enrichment option rather than giving up.***

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)
9 - 10am	Subject 1 (English, Maths or Science)
10 - 11am	Subject 2 (English, Maths or Science)
11 - 11.30am	Break
11.30 - 12.15pm	Subject 3 Option Subject
12.15 - 1pm	Lunch
1 - 1.45pm	Subject 4 Option Subject <i>** Please see note above about 'enrichment' options for some students.</i>
1.45pm onwards	Well-being Activities 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. Suggested activities <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/