



## Distance Learning Timetable

A suggested timetable for pupils working from home. Please check the shared area via Foldr or Google Classroom at the start of each week.

Time	Activity	Details
8.30am	Wake up	Make your bed; shower; get dressed – no need for school uniform
8.45am	Breakfast	Most important meal of the day... Make sure you <b>wash your hands</b>
9.00am	Exercise	Get some fresh air in your garden or try some in house exercise @thebodycoach
9.30am	Break	Stretch and relax eyes... check social media only if you have to! Then <b>wash your hands</b>
9.50am	Learning Time	Core Subject: Complete tasks for one of either English; mathematics; science
10.40am	Break	Stretch and relax eyes... check social media only if you have to! But then <b>wash your hands</b>
11.00am	Learning Time	Core Subject: Complete tasks for one of your other core subjects
11.50am	Learning Time	Non-core Subject: Complete a task from one of your non-core subjects. Remember there are plenty to choose from!
12.40pm	Lunch	Grab a light snack... once you have done this then get in touch with your friends. Telephone; FaceTime; Skype; WhatsApp BUT do not go and visit them! Stay home! But then <b>wash your hands</b>
1.30pm	Learning Time	Non-core Subject: Complete a task from one of your other non-core subjects
2.20pm	Break	Stretch and relax eyes... check social media only if you have to! Then <b>wash your hands</b>
3.10pm	Learning Time!	Core Subject: Complete tasks for the final core subject of the day!
4.00pm	Free Time	Give yourself some time to relax... this will vary for each person. However, it could involve playing on your games console; reading a book; doing something creative, like drawing or playing an instrument. Something which you know will help you relax. Then <b>wash your hands</b>
6.00pm	Dinner	Eat and then try and spend time with your loved ones. If you haven't already then contact some friends but remember to <b>maintain social distancing</b>
6.30pm	Reading Time	It is important that you continue to develop your reading skills. So spend 20-25 minutes reading; the other 5-10 minutes should be used to check any vocabulary you are unfamiliar with
7.00pm	Be Kind Time	Naturally, everyone is likely to be worried and frustrated at the moment. Use this time to be nice/kind to someone... it could be by helping out around the house or sending a friend, family member or a teacher a kind message. This might cheer up someone's day
7.30pm	Relax	Why not consider having a go at some mindfulness techniques (from the charity 'Mind'). However, if you have followed the guide then you would have done well and will probably be tired. Rest up, have a good night sleep and repeat tomorrow! And don't forget... <b>wash your hands!</b>

(With thanks to Caldicot School)