



Working at home



This is a suggested timetable for you to use if you are struggling with managing your time at home. Don't forget that you can contact your form tutor, teachers or HOY if you are finding anything difficult.

Time	Activity	Details
8.15am	Wake up	Wash and dress (don't forget there's no need for school uniform)
8.45am	Breakfast	Most important meal of the day. (Make sure you wash your hands.)
9.00am	Exercise	If you can go for a walk or a run, then great. If not, try some exercise in the house e.g. a dance workout. (Don't forget to maintain social distancing when you are outside and remember you can only go out once a day to exercise.) This could be your PE lesson.
9.30am	Learning Time	Core Subject: Complete tasks for one of either English, maths, science
10.30am	Break	Snack and relax. (Make sure you wash your hands.)
11.00am	Learning Time	Core Subject: Complete tasks for one of your other core subjects.
12.00am	Learning Time	Non-core Subject: Complete a task from one of your non-core subjects. (Remember there are plenty to choose from.)
1.00pm	Lunch	Grab a light snack. Once you have done this then get in touch with your friends and check how they are getting on. Chat about your work too and see if they can help with anything you don't understand. Telephone, FaceTime, Skype, WhatsApp; BUT do not go and visit them! Stay at home! (Make sure you wash your hands.)
1.30pm	Learning Time	Non-core Subject: Complete a task from two of your other non-core subjects
3.00pm	Free Time	Give yourself some time to relax this will vary for each of you, 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.
5.00pm	Reading Time	It is important that you continue to develop your reading skills. So spend 20-25 minutes reading every day; the other 5-10 minutes should be used to check any vocabulary you are unfamiliar with. Add them to a list to find out what they mean tomorrow.
6.00pm	Evening Meal	Eat and then try and spend time with your loved ones. If you haven't already done so, contact some friends, but remember you can't go and meet them.