

YEAR 7	9-10am	10-11am	11-12pm	Lunch	Chill	2-3pm
Monday	English	PE Use YouTube exercise clips Go for a walk Walk the dog Exercises on SMHW	Science	EAT	Read/Audio Books Listen to Music Watch TV Chores Social Media Play Games FaceTime friends and family	Technology and Food
Tuesday	Maths	Science	Music	EAT	Read/Audio Books Listen to Music Watch TV Chores Social Media Play Games FaceTime friends and family	Humanities
Wednesday	Humanities	Maths	English	EAT	Read/Audio Books Listen to Music Watch TV Chores Social Media Play Games FaceTime friends and family	PE Use YouTube exercise clips Go for a walk Walk the dog Exercises on SMHW
Thursday	MFL	Art	Maths	EAT	Read/Audio Books Listen to Music Watch TV Chores Social Media Play Games FaceTime friends and family	English
Friday	Science	MFL	RE	EAT	Read/Audio Books Listen to Music Watch TV Chores Social Media Play Games FaceTime friends and family	Computing

YEAR 8	9-10am	10-11am	11-12pm	Lunch	Chill	2-3pm
Monday	English	PE Use YouTube exercise clips Go for a walk Walk the dog Exercises on SMHW	Science	EAT	Read/Audio Books Listen to Music Watch TV Chores Social Media Play Games FaceTime friends and family	Technology and Food
Tuesday	Maths	Science	Reading	EAT	Read/Audio Books Listen to Music Watch TV Chores Social Media Play Games FaceTime friends and family	Humanities
Wednesday	Humanities	Maths	English	EAT	Read/Audio Books Listen to Music Watch TV Chores Social Media Play Games FaceTime friends and family	PE Use YouTube exercise clips Go for a walk Walk the dog Exercises on SMHW
Thursday	MFL	Art	Maths	EAT	Read/Audio Books Listen to Music Watch TV Chores Social Media Play Games FaceTime friends and family	English
Friday	Science	MFL	RE	EAT	Read/Audio Books Listen to Music Watch TV Chores Social Media Play Games FaceTime friends and family	Computing

YEAR 9	9-10am	10-11am	11-12pm	Lunch	Chill	2-3pm
Monday	English	PE Use YouTube exercise clips Go for a walk Walk the dog Exercises on SMHW	Science	EAT	Read/Audio Books Listen to Music Watch TV Chores Social Media Play Games FaceTime friends and family	Options
Tuesday	Maths	Science	Option C	EAT	Read/Audio Books Listen to Music Watch TV Chores Social Media Play Games FaceTime friends and family	Options
Wednesday	Option A	Maths	English	EAT	Read/Audio Books Listen to Music Watch TV Chores Social Media Play Games FaceTime friends and family	PE Use YouTube exercise clips Go for a walk Walk the dog Exercises on SMHW
Thursday	MFL	Option B	Maths	EAT	Read/Audio Books Listen to Music Watch TV Chores Social Media Play Games FaceTime friends and family	English
Friday	Science	MFL	Option D	EAT	Read/Audio Books Listen to Music Watch TV Chores Social Media Play Games FaceTime friends and family	Options

YEAR 10	9-10am	10-11am	11-12pm	Lunch	Chill	2-3pm
Monday	English	PE Use YouTube exercise clips Go for a walk Walk the dog Exercises on SMHW	Science	EAT	Read/Audio Books Listen to Music Watch TV Chores Social Media Play Games FaceTime friends and family	Humanities
Tuesday	Maths	Science	Humanities	EAT	Read/Audio Books Listen to Music Watch TV Chores Social Media Play Games FaceTime friends and family	Options
Wednesday	Option A	Maths	English	EAT	Read/Audio Books Listen to Music Watch TV Chores Social Media Play Games FaceTime friends and family	PE Use YouTube exercise clips Go for a walk Walk the dog Exercises on SMHW
Thursday	MFL	Option B	Maths	EAT	Read/Audio Books Listen to Music Watch TV Chores Social Media Play Games FaceTime friends and family	English
Friday	Science	MFL	Option C	EAT	Read/Audio Books Listen to Music Watch TV Chores Social Media Play Games FaceTime friends and family	Options

YEAR 10	9-10am	10-11am	11-12pm	Lunch	Chill	2-3pm
Monday	English	PE <small>Use YouTube exercise clips Go for a walk Walk the dog Exercises on SMHW</small>	Science	EAT	Read/Audio Books Listen to Music Watch TV Chores Social Media Play Games FaceTime friends and family	Humanities
Tuesday	Maths	Science	Humanities	EAT	Read/Audio Books Listen to Music Watch TV Chores Social Media Play Games FaceTime friends and family	Options
Wednesday	Option A	Maths	English	EAT	Read/Audio Books Listen to Music Watch TV Chores Social Media Play Games FaceTime friends and family	PE <small>Use YouTube exercise clips Go for a walk Walk the dog Exercises on SMHW</small>
Thursday	MFL	Option B	Maths	EAT	Read/Audio Books Listen to Music Watch TV Chores Social Media Play Games FaceTime friends and family	English
Friday	Science	MFL	Option C	EAT	Read/Audio Books Listen to Music Watch TV Chores Social Media Play Games FaceTime friends and family	Options

YEAR 11	9-10am	10-11am	11-12pm	Lunch	Chill	2-3pm
Monday	English	PE <small>Use YouTube exercise clips Go for a walk Walk the dog Exercises on SMHW</small>	Science	EAT	Read/Audio Books Listen to Music Watch TV Chores Social Media Play Games FaceTime friends and family	Humanities
Tuesday	Maths	Science	Humanities	EAT	Read/Audio Books Listen to Music Watch TV Chores Social Media Play Games FaceTime friends and family	Options
Wednesday	Option A	Maths	English	EAT	Read/Audio Books Listen to Music Watch TV Chores Social Media Play Games FaceTime friends and family	PE <small>Use YouTube exercise clips Go for a walk Walk the dog Exercises on SMHW</small>
Thursday	MFL	Option B	Maths	EAT	Read/Audio Books Listen to Music Watch TV Chores Social Media Play Games FaceTime friends and family	English
Friday	Science	MFL	Option C	EAT	Read/Audio Books Listen to Music Watch TV Chores Social Media Play Games FaceTime friends and family	Options