

Y10 EXAMPLE TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday
9am - 9.30am	Joe Wicks Workout	Joe Wicks Workout	Joe Wicks Workout	Joe Wicks Workout	Joe Wicks Workout
9.30am - 10am	Shower and dress	Shower and dress	Shower and dress	Shower and dress	Shower and dress
10am - 11.00am	Session 1 Maths	Session 1 English	Session 1 Maths	Session 1 English	Session 1 Science
11am - 11.30am	Break	Break	Break	Break	Break
11.30am - 12.30pm	Session 2 Option A	Session 2 Option B	Session 2 Option C	Session 2 Option D	Session 2 EPW
12.30pm - 1pm	Lunch	Lunch	Lunch	Lunch	Lunch
1pm - 4pm	Activity time	Activity time	Activity time	Activity time	Activity time
After tea					
60 mins	Session 3 Science	Session 3 Option A/Maths	Session 3 Option B/English	Session 3 Option C/Science	Session 3 Option D/Maths
30 mins	Read	Read	Read	Read	Read

Examples of what could be done during 'Activity Time': crafts, drawing, baking, playing outside, lego, board games, exercise, puzzles, keeping a diary