

Y7, Y8 & Y9 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	Session 1	Session 1	Session 1	Session 1
11am - 11.30am	Break	Break	Break	Break	Break
11.30am - 12.30pm	Session 2	Session 2	Session 2	Session 2	Session 2
12.30pm - 1pm	Lunch	Lunch	Lunch	Lunch	Lunch
1pm - 4pm	Activity time	Activity time	Activity time	Activity time	Activity time
After tea					
30 mins	My Maths	My Maths	My Maths	My Maths	My 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