

## Suggested Home Learning Timetable

We recommend doing x4 (45-60 minute) lessons per day. This includes one independent session on Monday, Tuesday and Thursday, where students should spend time on an activity they enjoy. This could compliment other lessons or be something fun/creative like sport, exercise, music or art & craft. It is also important that you build in breaks.

**Make time  
for activities  
you enjoy!**

**Y7**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Lesson 1</b>	Independent study	Independent study	English	Independent study	Life
<b>Lesson 2</b>	Maths	English	Maths	English	Maths
<b>Lesson 3</b>	Science	DT	Science	French/ Spanish	History
<b>Lesson 4</b>	Art	Geography	Music	Drama	Computer Sci

**Try to exercise  
every day  
It is important for  
your physical &  
mental  
wellbeing**

There are some excellent online lessons being taught too. It is important that these are not done 'instead' of the work teachers have set, but they can help to supplement and support learning. Here are a few you could try:

- PE with Joe Wicks — The Body Coach TV on YouTube (9:00am every weekday)
- Music with Myleene Klass — Myleene's Music Klass YouTube channel (10:00am on Mondays & Fridays)
- Story Time with David Walliams — [www.worldofdavidwalliams.com/elevenses/](http://www.worldofdavidwalliams.com/elevenses/) (11:00am every weekday)
- BBC Bitesize Daily— BBC Iplayer, the Red Button service & BBC Four will be showing 6x20 minute shows every day, each aimed at different age groups and different subjects
- Oak National Academy— <https://www.thenational.academy/>
- Times Tables Rock Stars — <https://trockstars.com/>

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**Y8**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Lesson 1</b>	Independent study	Independent study	<b>Maths</b>	Independent study	<b>Life</b>
<b>Lesson 2</b>	English	Maths	English	Maths	English
<b>Lesson 3</b>	Science	DT	Science	French/ Spanish	History
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