



Monday, Tuesday, Thursday and Friday On-Line Learning Timetable

How to stay motivated and experience success remotely:

1. Establish routines – go to bed and wake up at the same time, make your bed etc
2. Eat healthy – eat at break scheduled times
3. Get up and move during breaks and drink plenty of water
4. Set up a designated Study Space free from as many distractions as possible

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|-------------------------|-----------------|---|
| Between 7:30 and 8:30am | Morning Routine | <ul style="list-style-type: none"> ✓ Eat a healthy breakfast ✓ Make your bed and tidy your room ✓ Complete other daily chores ✓ Get dressed into your school uniform ✓ Move to your designated study space and turn on all technology |
| 8:40 - 9:30 | Block 1 | On-Line Learning / Explicit Teaching <ul style="list-style-type: none"> • Access your DayMap to access instructions for the lesson to come • Make sure that you are on time to join the class conference • Participate actively in the lesson and come prepared with questions as required |
| 9:30 - 10:25 | | Individual Learning / Support <ul style="list-style-type: none"> • Complete tasks or learning activities • Ask for help if needed • Submit work if required • Record any homework in diaries |
| 10:25 – 11:00 | Recess | Eat and drink something healthy, move around and get some fresh air. Get ready to access learning on-line. |
| 11.05 - 11.50 | Block 2 | On-Line Learning / Explicit Teaching <ul style="list-style-type: none"> • Access your DayMap to access instructions for the lesson to come • Make sure that you are on time to join the class conference • Participate actively in the lesson and come prepared with questions as required |
| 11.50 - 12.45 | | Individual Learning / Support <ul style="list-style-type: none"> • Complete tasks or learning activities • Ask for help if needed • Submit work if required • Record any homework in diaries |
| 12:50 - 1:20 | Lunch | Eat and drink something healthy, move around and get some fresh air. Get ready to access learning on-line. |
| 1.25 - 2.15 | Block 3 | On-Line Learning / Explicit Teaching <ul style="list-style-type: none"> • Access your DayMap to access instructions for the lesson to come • Make sure that you are on time to join the class conference • Participate actively in the lesson and come prepared with questions as required |
| 2:15 - 3:10 | | Individual Learning / Support <ul style="list-style-type: none"> • Complete tasks or learning activities • Ask for help if needed • Submit work if required • Record any homework in diaries |
| 3.15 - 4.00 | Down Time | <ul style="list-style-type: none"> ✓ Read for pleasure: Read a book or a magazine. Choose something you enjoy or maybe completely new ✓ Watch something informative: There are lots of interesting documentaries about healthy eating, environmental issues and history ✓ Check-in with someone: Call a friend or send a message. Catch up on social media ✓ Movement: Take your dog for a walk, or play with your pet. Remember social distancing is important if you do leave the house |
| 4:00 - 5:00 | Homework | Complete any homework or assignments that have been written in your diary |
| Later | Night Routine | Make sleep a priority and stick to healthy routines |



Wednesday On-Line Learning Timetable

How to stay motivated and experience success remotely:

1. Establish routines – go to bed and wake up at the same time, make your bed etc
2. Eat healthy – eat at scheduled break times
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4. Set up a designated Study Space free from as many distractions as possible

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| Between 7:30 and 8:30am | Morning Routine | <ul style="list-style-type: none"> ✓ Eat a healthy breakfast ✓ Make your bed and tidy your room ✓ Complete other daily chores ✓ Get dressed into your school uniform ✓ Move to your designated study space and turn on all technology |
| 8:40 - 9:30 | Block 1 | On-Line Learning / Explicit Teaching <ul style="list-style-type: none"> • Access your DayMap to access instructions for the lesson to come • Make sure that you are on time to join the class conference • Participate actively in the lesson and come prepared with questions as required |
| 9:30 - 10:25 | | Individual Learning / Support <ul style="list-style-type: none"> • Complete tasks or learning activities • Ask for help if needed • Submit work if required • Record any homework in diaries |
| 10:25 – 10:45 | Recess | Eat and drink something healthy, move around and get some fresh air. Get ready to access learning on-line. |
| 10:50 - 11:20 | Block 2 Wellbeing & Development | On-Line Learning / Explicit Teaching <ul style="list-style-type: none"> • Access your DayMap to access instructions for the lesson to come • Make sure that you are on time to join the class conference • Participate actively in the lesson and come prepared with questions as required |
| 11.20 - 12.00 | | Individual Learning / Support <ul style="list-style-type: none"> • Complete tasks or learning activities • Ask for help if needed • Submit work if required • Record any homework in diaries |
| 12:00 - 12:30 | Lunch | Eat and drink something healthy, move around and get some fresh air. Get ready to access learning on-line. |
| 12.35 - 1.30 | Block 3 | On-Line Learning / Explicit Teaching <ul style="list-style-type: none"> • Access your DayMap to access instructions for the lesson to come • Make sure that you are on time to join the class conference • Participate actively in the lesson and come prepared with questions as required |
| 1:30 - 2:25 | | Individual Learning / Support <ul style="list-style-type: none"> • Complete tasks or learning activities • Ask for help if needed • Submit work if required • Record any homework in diaries |
| 2.25 - 4.00 | Down Time | <ul style="list-style-type: none"> ✓ Read for pleasure: Read a book or a magazine. Choose something you enjoy or maybe completely new ✓ Watch something informative: There are lots of interesting documentaries about healthy eating, environmental issues and history ✓ Check-in with someone: Call a friend or send a message. Catch up on social media ✓ Movement: Take your dog for a walk, or play with your pet. Remember social distancing is important if you do leave the house |
| 4:00 - 5:00 | Homework | Complete any homework or assignments that have been written in your diary |
| Later | Night Routine | Make sleep a priority and stick to healthy routines |