



<b>Time</b>	<b>Activity</b>
<b>At 8.45am</b>	<b>Register with your Form Supervisor and take part in any Form time activities</b>
<b>At 9am</b>	<b>Make a note of the work you are set for the day. Make a note of any "live" Teams meetings scheduled for the day. Use your school planner to help you, or the blank version of this timetable below.</b>
<b>0915 – 1015</b>	<b>Lesson 1</b>
<b>1015 – 1035</b>	<b>Break</b>
<b>1035 – 1135</b>	<b>Lesson 2</b>
<b>1135 – 1235</b>	<b>Lesson 3</b>
<b>1235 – 1400</b>	<b>Lunch – include some physical activity and off-screen time</b>
<b>1400 – 1500</b>	<b>Lesson 4</b>
<b>1500 – 1600</b>	<b>Lesson 5</b>

If these times don't work for you (e.g. you have competing demands for computers or other family commitments) then you should design a timetable that works better for you, but it should include 5 x 1 hour sessions in which to undertake your remote learning activities.



Blank version of the timetable for you to print out and write in the work set, to help organise your day.

<b>Time</b>	<b>Activity</b>
<b>0915 – 1015 Lesson 1</b>	
<b>1035 – 1135 Lesson 2</b>	
<b>1135 – 1235 Lesson 3</b>	
<b>1400 – 1500 Lesson 4</b>	
<b>1500 – 1600 Lesson 5</b>	