

Suggested timetable...



Before 9am

Wake up, brush teeth, get dressed, make bed, eat breakfast

9am

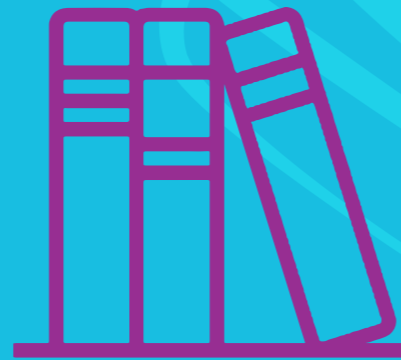


Set yourself a target for the learning you will do today and organise a space for you to learn. Check you have resources, equipment and a comfy place to sit and learn

If you are able to, tune into 'P.E. with Joe' Monday to Friday at 9 am on his YouTube channel by clicking [here](#).

10am

Academic time. Complete work for one or more of your core lessons (English, Maths or Science)



11am

Screen free time and feelings check in. Have an hour to relax, read a book or talk to your family or siblings. This is great for your physical and emotional wellbeing

12pm

Get moving and eat lunch!



Remember if you decide to go on a walk to follow the government guidance on daily exercise:

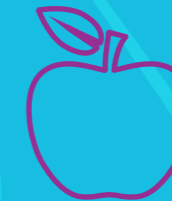
- If you go out, stay 2 metres (6ft) away from other people at all times
- You are entitled to one form of exercise a day, for example a run, walk, or cycle - alone or with members of your household

1pm & 2pm

Academic time. Complete work for one or more of your other lessons.

3pm

Free choice reading and snack!



4pm

Get moving! Complete one of your P.E. challenges set by the BYA staff or... If you decide to go on a walk to follow the government guidance on daily exercise:

- If you go out, stay 2 metres (6ft) away from other people at all times
- You are entitled to one form of exercise a day, for example a run, walk, or cycle - alone or with members of your household

5pm

Family time and relax. Put all of your learning away in an organised way ready for tomorrow!