

Year 8 Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
	Preparation Time	Preparation Time	Preparation Time	Preparation Time	Preparation Time
8.30 - 8.45	Guided Meditation / Mindfulness Session	Guided Meditation / Mindfulness Session	Guided Meditation / Mindfulness Session	Guided Meditation / Mindfulness Session	Guided Meditation / Mindfulness Session
8.45 - 10.45	English	Visual Arts	Performing Arts	French	Science
10:45-11:15	Break	Break	Break	Break	Break
11.15 - 12.15	French	PHE	English	Spanish / German / Learning Support	I&S
12.15 - 12.30	Admin check	Admin check	Admin check	Admin check	Admin check
12.30 - 13.30	Lunch break	Lunch break	Lunch break	Lunch break	Lunch break
13.30 - 15.30	Individuals and Societies	Science	Maths	Design	Maths
15.30 - 16.30	Independent Learning	Independent Learning	Independent Learning	Independent Learning	Independent Learning
16.30 - 17.00	Break	Break	Break	Break	Break
17.00 - 18.00	Independent Learning	Independent Learning	Independent Learning	Independent Learning	Independent Learning

Ideas

Have breakfast, have a wash, get dressed, be ready to start at 8.30am!

Guided meditation / mindfulness session, complete your daily check in form OR complete admin (check work has been uploaded, check messages from teachers and respond)

Block 1

Break - take a virtual break with a friend, do a 20 minute exercise session, make a snack, stay hydrated, get some fresh air on your balcony, read a book, do something creative!

Block 2

Admin check - upload work, check messages and respond

Lunch Break - eat a relaxed lunch, take a virtual break with a friend, do a 20 minute exercise session, stay hydrated, get some fresh air on your balcony, read a book, do something creative!

Block 3

Independent Learning - complete extension tasks from the day, finish any uncompleted work.

Break - take a virtual break with a friend, do a 20 minute exercise session, make a snack, stay hydrated, get some fresh air on your balcony, read a book, do something creative!

Independent Learning - this is flexible if you prefer to do this at another time in the evening.

9eme Timetable

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8.30 - 8.45	Guided Meditation / Mindfulness Session	Guided Meditation / Mindfulness Session	Guided Meditation / Mindfulness Session	Guided Meditation / Mindfulness Session	Guided Meditation / Mindfulness Session
8.45 - 10.45	English	Visual Arts	Performing Arts	Maths	German
10:45-11:15	Break	Break	Break	Break	Break
11.15 - 12.15	French	PHE	English	Spanish / EAL / Learning Support	Individuals and Societies
12.15 - 12.30	Admin check	Admin check	Admin check	Admin check	Admin check
12.30 - 13.30	Lunch break	Lunch break	Lunch break	Lunch break	Lunch break
13.30 - 15.30	Individuals and Societies	Science	Maths	German	French
15.30 - 16.30	Independent Learning	Independent Learning	Independent Learning	Independent Learning	Independent Learning
16.30 - 17.00	Break	Break	Break	Break	Break
17.00 - 18.00	Independent Learning	Independent Learning	Independent Learning	Independent Learning	Independent Learning

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