

Year 7 and 8	Just an idea	Monday	Tuesday	Wednesday	Thursday	Friday
9.00-9.30		Start the day with some exercise to energise everyone for the day ahead and for a more productive day.	Start the day with some exercise to energise everyone for the day ahead and for a more productive day.	Start the day with some exercise to energise everyone for the day ahead and for a more productive day.	Start the day with some exercise to energise everyone for the day ahead and for a more productive day.	Start the day with some exercise to energise everyone for the day ahead and for a more productive day.
9.00-9.30		Joe Wicks online exercise Sport facts for kids Diverse Dance Mix workout TKS PE home study guidance	Joe Wicks online exercise Sport facts for kids Diverse Dance Mix workout TKS PE home study guidance	Joe Wicks online exercise Sport facts for kids Diverse Dance Mix workout TKS PE home study guidance	Joe Wicks online exercise Sport facts for kids Diverse Dance Mix workout TKS PE home study guidance	Joe Wicks online exercise Sport facts for kids Diverse Dance Mix workout TKS PE home study guidance
9.30-10.30		Spend an hour a day on Maths. Look at student folder and see what has been set by your teacher. There are lots of online Maths sites available too, if you are unsure.	Spend an hour a day on Maths. Look at student folder and see what has been set by your teacher. There are lots of online Maths sites available too, if you are unsure.	Spend an hour a day on Maths. Look at student folder and see what has been set by your teacher. There are lots of online Maths sites available too, if you are unsure.	Spend an hour a day on Maths. Look at student folder and see what has been set by your teacher. There are lots of online Maths sites available too, if you are unsure.	Spend an hour a day on Maths. Look at student folder and see what has been set by your teacher. There are lots of online Maths sites available too, if you are unsure.
9.30-10.30		Hegarty Maths Corbett Maths (videos, worksheets, exam questions, 5 a day, free) Mathsbox (weekly skills we do in class home study version, answers included, updated for the week every Monday) Maths Kitchen (find gaps in knowledge and target them, free & premium version available) Study Maths (lots of topic based online, self-marking questions, free) Maths4Everyone Dr Frost Maths (videos, questions, PowerPoints our teachers often use as part of their lesson, free) MathsBot (create worksheets and revision grids, gives answers too, free)	Hegarty Maths Corbett Maths (videos, worksheets, exam questions, 5 a day, free) Mathsbox (weekly skills we do in class home study version, answers included, updated for the week every Monday) Maths Kitchen (find gaps in knowledge and target them, free & premium version available) Study Maths (lots of topic based online, self-marking questions, free) Maths4Everyone Dr Frost Maths (videos, questions, PowerPoints our teachers often use as part of their lesson, free) MathsBot (create worksheets and revision grids, gives answers too, free)	Hegarty Maths Corbett Maths (videos, worksheets, exam questions, 5 a day, free) Mathsbox (weekly skills we do in class home study version, answers included, updated for the week every Monday) Maths Kitchen (find gaps in knowledge and target them, free & premium version available) Study Maths (lots of topic based online, self-marking questions, free) Maths4Everyone Dr Frost Maths (videos, questions, PowerPoints our teachers often use as part of their lesson, free) MathsBot (create worksheets and revision grids, gives answers too, free)	Hegarty Maths Corbett Maths (videos, worksheets, exam questions, 5 a day, free) Mathsbox (weekly skills we do in class home study version, answers included, updated for the week every Monday) Maths Kitchen (find gaps in knowledge and target them, free & premium version available) Study Maths (lots of topic based online, self-marking questions, free) Maths4Everyone Dr Frost Maths (videos, questions, PowerPoints our teachers often use as part of their lesson, free) MathsBot (create worksheets and revision grids, gives answers too, free)	Hegarty Maths Corbett Maths (videos, worksheets, exam questions, 5 a day, free) Mathsbox (weekly skills we do in class home study version, answers included, updated for the week every Monday) Maths Kitchen (find gaps in knowledge and target them, free & premium version available) Study Maths (lots of topic based online, self-marking questions, free) Maths4Everyone Dr Frost Maths (videos, questions, PowerPoints our teachers often use as part of their lesson, free) MathsBot (create worksheets and revision grids, gives answers too, free)
Break		TAKE A BREAK! Get in the garden; jump on the trampoline; phone a Grandparent; play your games console; FaceTime a friend. Take some time out.	TAKE A BREAK! Get in the garden; jump on the trampoline; phone a Grandparent; play your games console; FaceTime a friend. Take some time out.	TAKE A BREAK! Get in the garden; jump on the trampoline; phone a Grandparent; play your games console; FaceTime a friend. Take some time out.	TAKE A BREAK! Get in the garden; jump on the trampoline; phone a Grandparent; play your games console; FaceTime a friend. Take some time out.	TAKE A BREAK! Get in the garden; jump on the trampoline; phone a Grandparent; play your games console; FaceTime a friend. Take some time out.
11:00-12:00		Spend an hour a day on English. Look at Student Folder and see what has been set by your teacher. If you are unsure read a book or a newspaper and use the sites below.	Spend an hour a day on English. Look at Student Folder and see what has been set by your teacher. If you are unsure read a book or a newspaper and use the sites below.	Spend an hour a day on English. Look at Student Folder and see what has been set by your teacher. If you are unsure read a book or a newspaper and use the sites below.	Spend an hour a day on English. Look at Student Folder and see what has been set by your teacher. If you are unsure read a book or a newspaper and use the sites below.	Spend an hour a day on English. Look at Student Folder and see what has been set by your teacher. If you are unsure read a book or a newspaper and use the sites below.
11.00-12.00		Important and useful websites: English Language - BBC bitesize BBC Teach - Punctuation rules KS3 English - BBC Bitesize Assignments set by your teacher: GCSEPod - login Assignments set by your teacher: Seneca - login	Important and useful websites: English Language - BBC bitesize BBC Teach - Punctuation rules KS3 English - BBC Bitesize Assignments set by your teacher: GCSEPod - login Assignments set by your teacher: Seneca - login	Important and useful websites: English Language - BBC bitesize BBC Teach - Punctuation rules KS3 English - BBC Bitesize Assignments set by your teacher: GCSEPod - login Assignments set by your teacher: Seneca - login	Important and useful websites: English Language - BBC bitesize BBC Teach - Punctuation rules KS3 English - BBC Bitesize Assignments set by your teacher: GCSEPod - login Assignments set by your teacher: Seneca - login	Important and useful websites: English Language - BBC bitesize BBC Teach - Punctuation rules KS3 English - BBC Bitesize Assignments set by your teacher: GCSEPod - login Assignments set by your teacher: Seneca - login
12-12.30		Curl up on the sofa; take a snack to the sunny spot in the garden and have a read for 30 minutes.	Curl up on the sofa; take a snack to the sunny spot in the garden and have a read for 30 minutes.	Curl up on the sofa; take a snack to the sunny spot in the garden and have a read for 30 minutes.	Curl up on the sofa; take a snack to the sunny spot in the garden and have a read for 30 minutes.	Curl up on the sofa; take a snack to the sunny spot in the garden and have a read for 30 minutes.
12-12.30		Audible - Free during school closure Elevenses with The World of David Walliams	Audible - Free during school closure Elevenses with The World of David Walliams	Audible - Free during school closure Elevenses with The World of David Walliams	Audible - Free during school closure Elevenses with The World of David Walliams	Audible - Free during school closure Elevenses with The World of David Walliams
12:30 - 1:00		Make Lunch TKS Food home study guidance Jamie Oliver - Get kids cooking theocooks - instagram	Make Lunch TKS Food home study guidance Jamie Oliver - Get kids cooking theocooks - instagram	Make Lunch TKS Food home study guidance Jamie Oliver - Get kids cooking theocooks - instagram	Make Lunch TKS Food home study guidance Jamie Oliver - Get kids cooking theocooks - instagram	Make Lunch TKS Food home study guidance Jamie Oliver - Get kids cooking theocooks - instagram
1.00-2.00		Art and MFL	Science	Humanities	Business and IT	Music and Drama
		TKS Art home study guidance TKS MFL home study guidance	TKS Science home study guidance https://cosmicshambles.com/stayathome/upcoming-schedule	TKS History home study guidance TKS Geography home study guidance TKS Citizenship home study guidance Steve Backshall - Q&A https://tv.historyhit.com/signup/package	TKS Business, Enterprise & Economics home study guidance https://www.microbit.org/ https://scratch.mit.edu/	TKS Drama home study guidance TKS Music home study guidance Myleene's Music Klass - YouTube