

KS4	Monday	Tuesday	Wednesday	Thursday	Friday
8.30 9.00	 Assembly Link on SMH	 PDP lesson – link on SMH	 Read your book Audible - Free during school closure	 House Challenge Link on SMH	 Read your book Audible - Free during school closure
9.00 9.30	 Start the day with some exercise to get the blood pumping to the brain for the day ahead, this will lead to a more positive, productive day.				
	Joe Wicks online exercise	Diverse Dance Mix workout	Sport facts for kids	nhs-fitness-studio	Joe Wicks online exercise
9.30 10.15	 Spend 45 minutes a day on Maths. Look at SMH and see what has been set by your teacher. There are lots of online Maths sites available too, if you are unsure.				
	BBC Bitesize Oaks National Academy	Mathsbox Corbett Maths Oaks National Academy	Maths Kitchen https://www.mymaths.co.uk/ Oaks National Academy	Dr Frost Maths Maths4Everyone Oaks National Academy	MathsBot Study Maths Oaks National Academy
10.15 10.45	 TAKE A BREAK! – Make a snack and have a drink, carry out an activity from the choices below, remember this is a 30 minute break!				
	Get in the garden	Jump on the trampoline	Play your games console	FaceTime a friend	Phone a Grandparent
10:45 11:15	 Spend 45 minutes a day on English. Look at SMH and see what has been set by your teacher. There are also examples below of online English sites for further work.				
	English Lang - BBC Bitesize Oaks National Academy	KS3 English - BBC Bitesize Oaks National Academy	BBC Teach - Punctuation rules Oaks National Academy	Seneca - login Oaks National Academy	Elevenses with David Walliams Oaks National Academy
11:15 12.15	 Spend an hour completing another subject. Look at SMH and see what has been set by your teacher. There are lots of online sites available too.				
	Option A	Option B	Option C	Option D or catch-up	Science
12.15 1.00	 MAKE LUNCH AND TAKE A BREAK! – Why not cook your own lunch? Carry out a creative activity from the choices below, remember this is a 45 minute break!				
	Jamie Oliver - Get kids cooking	Curl up on the sofa and watch some TV	Take a snack to the sunny spot in the garden	Listen to some music, play it loud and dance!	theocooks - Instagram
1.00 2.00	 Spend an hour completing another subject. Look at SMH and see what has been set by your teacher. There are lots of online sites available too.				
	Option C	Option A	Science	Option A	Option B
2.00 3.00	 Spend an hour completing another subject. Look at SMH and see what has been set by your teacher. There are lots of online sites available too.				
	Option B	Science	Religious Studies	Option C	Option D or catch-up