

At Home Learning Schedule- Year 7

Time		Activity
Before 9 am	Wake Up	Get ready for your day! <ul style="list-style-type: none"> • Make your bed • Shower • Brush your teeth • Have your breakfast
9.00-10.00am	Literacy	Reading Comprehension Writing
10.30-11.30am	Numeracy	Problem Solving activities Worksheets Essential Assessment and Mathletics tasks Maths Videos
11.30-12.15pm	Lunch	Enjoy a healthy lunch and spend quality time with family.
12.15-12:45pm	Physical exercise	If you have a backyard play outside (go outside, play a game, etc.) Or stay inside and do some mindfulness colouring, puzzle, board games
1.00-2.00pm	Specialist Class	Food, Design Tec, Art, Drama, PE
2.00-2:15pm	Snack	Enjoy a healthy snack and spend quality time with family.
2:15-3.15pm	Humanities or Science	Complete a task for Humanities or Science