



Suggested Remote Learning Timetable January 2021

9:00 – 9:30	9:30 – 10:30	10:30 – 10:45	10:45 – 11:00	11:00 – 12.00	12:00 – 12:30	12:30 - 1:00	1:00– 2:00	2:00 – 3:00
Joe Wicks (M/W/F) Wake & Shake	Session 1	ASSEMBLY	BREAK	Session 2	LUNCH	Session 3	Session 4	Session 5

4 sessions of 1 hour and 1 session of ½ an hour daily

Time can be allocated also for reading, daily exercise outdoors, watching further learning programmes online or on TV through the BBC provision.