

## Planning your day when you are away from the academy

One of the benefits of school is the structure that it provides for each day. Whilst you are away during school closures it may be a good idea to create some structure to each day.

Below is an example:

8.00-9.00	Wake up and get something to eat
9.00-9.30	Get some fresh air
9.30-10.00	Check your school email and/or make a plan for the topics / work you will do for the day. Write it down so you can tick it off.
10.00 – 11.00	Learning block 1
11.00 – 12.00	Do some exercise (see PE suggestions) or something creative e.g., draw, cook, art work, music)
12.00 – 1.00	Have something to eat
1.00 – 2 .00	Learning block 2
2.00 – 2.30	Have a break
2.30 – 3.30	Learning block 3

Suggested plan for topics:

### KS3:

Monday	English, Maths, History (+PE or creative)
Tuesday	Maths, Science, RE (+PE or creative)
Wednesday	Science, English, Geography (+PE or creative)
Thursday	English, Maths, Languages (+PE or creative)
Friday	Maths, Science, written work for creative subjects

### KS4:

Monday	English, Maths, Option A and B
Tuesday	Maths, Science, Option C and D
Wednesday	Science, English, Option A and B
Thursday	English, Maths, Option C and D
Friday	Maths, Science, Extra exercise

A few simple rules to remember:

- Don't snack all day – have set breaks / times to eat

- Remember to get some exercise and relaxation
- Try to limit your screen time
- Try to keep a routine
- Ask for help if you need it e.g., email your teacher