

# KEY STAGE 3 TIMETABLE

TIME	MON	TUES	WED	THURS	FRI
<b>Get Up time!</b>	Eat & Prepare for day	Eat & Prepare for day	Eat & Prepare for day	Eat & Prepare for day	Eat & Prepare for day
	ASSEMBLY - YEAR 7	ASSEMBLY - YEAR 8	ASSEMBLY - YEAR 9	ASSEMBLY - YEAR 10	ASSEMBLY - YEAR 11/P16
Session 1 45mins-1 hr	Maths	Science	English	Science	Time to catch up on any work
Session 2 45mins-hr	English	History/ Geography	Maths	Spanish	Humanities
Break 15 mins	Relax	Take it easy	Chill	Kick back	Unwind
Session 3 30-45mins	Humanities	Art Therapy	Create subject Art Music Tech Enterprise	Try a new Exercise	Well – being activity
Break 30-45mins	PE- choice College well-being activity	PE- choice College well-being activity	PE/yoga College wellbeing activity	PE/fitness College well-being activity	Complete unfinished work
Session 4 1hr	Art	Reading	Family Crafts or Reading	Send an email to your teacher/s about your work	PE / Walk