

Years 7, 8 and 9	Monday	Tuesday	Wednesday	Thursday	Friday
Session 1 (30mins)	Exercise/PE	Exercise/PE	Exercise/PE	Exercise/PE	Exercise/PE
Session 2 (45-60 mins)	Maths	English	Maths	English	Maths
Session 3 (45-60 mins)	Science	History	Science	Geography	RE
Session 4 (45-60 mins)	French	PSE	English	Science	CEPA/Creativity
Session 5 (30 mins)	mindfulness or reading	mindfulness or reading	mindfulness or reading	mindfulness or reading	mindfulness or reading

Year 10	Monday	Tuesday	Wednesday	Thursday	Friday
Session 1 (30mins)	Exercise/PE	Exercise/PE	Exercise/PE	Exercise/PE	Exercise/PE
Session 2 (45 mins)	Maths	English	Maths	English	Maths
Session 3 (45 mins)	Science	Option A	Science	Option B	Option A
Session 4 (45 mins)	Option C	PSE	English	Option D	catch up time
Session 5 (45 mins)	Option B	Option D	Option C	Science	catch up time
Session 6 (30 mins)	mindfulness or reading	mindfulness or reading	mindfulness or reading	mindfulness or reading	mindfulness or reading