



My weekly online timetable (sample suggestion)

	Times	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	7 – 8	Get up, breakfast, shower				
	8 – 9	Look at my planner and prioritise my learning plans	Look at my planner and prioritise my learning plans	Look at my planner and prioritise my learning plans	Look at my planner and prioritise my learning plans	Look at my planner and prioritise my learning plans
	9 – 10	Subject 1 (Maths) log on teacher connect	Subject 5 (my elective) log on teacher connect	Subject 1 (Maths) log on teacher connect	Subject 5 (my elective) log on teacher connect	Subject 2 (English) log on teacher connect
	10 – 11	Subject 2 (English) log on teacher connect	Subject 1 (Maths) log on teacher connect	Subject 4 (SOSE/HUM/other) log on teacher connect	Subject 1 (Maths) log on teacher connect	Subject 4 (SOSE/HUM/other) log on teacher connect
	11 – 12	Morning tea at 11.20am leave my workspace, eat, go outside have a walk or light exercise (30 to 40 minutes)	Morning tea at 11.20am leave my workspace, eat, go outside have a walk or light exercise (30 to 40 minutes)	Morning tea at 11.20am leave my workspace, eat, go outside have a walk or light exercise (30 to 40 minutes)	Morning tea at 11.20am leave my workspace, eat, go outside have a walk or light exercise (30 to 40 minutes)	Morning tea at 11.20am leave my workspace, eat, go outside have a walk or light exercise (30 to 40 minutes)
Afternoon	12 – 1	Subject 3 (Science/or elective) log on teacher connect	Subject 6 (my elective) log on teacher connect	Subject 2 (English) log on teacher connect	Subject 3 (Science/or elective) log on teacher connect	Subject 6 (my elective) log on teacher connect
	1 – 2	Lunch 1.10pm leave my workspace, eat, go outside - walk or light exercise (30 to 40 minutes)	Lunch 1.10pm leave my workspace, eat, go outside - walk or light exercise (30 to 40 minutes)	Lunch 1.10pm leave my workspace, eat, go outside - walk or light exercise (30 to 40 minutes)	Lunch 1.10pm leave my workspace, eat, go outside - walk or light exercise (30 to 40 minutes)	Lunch 1.10pm leave my workspace, eat, go outside - walk or light exercise (30 to 40 minutes)
	2 – 3	Subject 4 (SOSE/HUM/other) log on teacher connect	Subject 3 (Science/or elective) log on teacher connect	Subject 5 (my elective) log on teacher connect	Subject 2 (English) log on teacher connect	Subject 6 (my elective) log on teacher connect
	3 – 4	leave my workspace go outside walk or light exercise (30 to 40 minutes)	leave my workspace go outside walk or light exercise (30 to 40 minutes)	leave my workspace go outside walk or light exercise, (30 to 40 minutes)	leave my workspace go outside walk or light exercise (30 to 40 minutes)	leave my workspace go outside walk or light exercise (30 to 40 minutes)
	4 – 5	Friends and family/pets	My time- TV, Games, Netflix	Friends and Family/pets	My time- TV, Games, Netflix	Friends and Family/pets
	5 – 6	Home duties, meal preparations - help				
Evening	6 – 7	Meal eat and clean up				
	7 – 8	Study time – 1 hour review my progress today self-reflection and planning for the next day	Study time – 1 hour review my progress today self-reflection and planning for the next day	Study time – 1 hour review my progress today self-reflection and planning for the next day	Study time – 1 hour review my progress today self-reflection and planning for the next day	Study time – 1 hour review my progress today self-reflection and planning for the next day
	8 – 9	Shower personal time and space				
	9 – 10	Relax – read, mindfulness, power down-switch off.				
	10 – 11	Sleep is a gift! plan for 8 hours sleep and rest	Sleep is a gift! plan for 8 hours sleep and rest	Sleep is a gift! plan for 8 hours sleep and rest	Sleep is a gift! plan for 8 hours sleep and rest	Sleep is a gift! plan for 8 hours sleep and rest