



Mount Carmel

R.C. HIGH SCHOOL

Year 10 Distance Learning Timetable

Day	9.00 -	10.15 -	11.05 -	11.30 -	12.30 -	1.05 -	2.20 -	15 min with parents
	10.00	11.05	11.30	12.30	1.05	2.05	3.20	
Monday	Science	Read a book	Online HITT -Joe Wicks	Option B	Lunch	Option A	Own study	Talk about today's learning
Tuesday	Maths	Science	Walk in garden	Own study		Read a book	Option B	
Wednesday	Own study	Maths	Online yoga class	RE		PSHCE / form activity	Read a book	
Thursday	English	Read a book	Walk in garden	Option C		RE	Own study	
Friday	Read a book	English	Online work out - Joe Wicks	Option A		Option C	Own study	

Notice there are 15-minute gaps between each 'lesson'. This is to enable you to take a comfort break, get a drink, move about etc. Each lesson is approximately 1 hour.

Allow some relaxation time and time for you to complete your own studies that you may not have had time to fully understand. At the lunch break, morning break or after your study time, some time should be allocated to communicate with your friends using whatever electronic contact you would usually be allowed

Work will be set each morning through Show My Homework and will be accessible from approximately 8am.

PE may set alternative exercises to those shown in the timetable to add variation over the weeks.