



Mount Carmel

R.C. HIGH SCHOOL

Year 7 Distance Learning Timetable

Day	9.00 - 10.00	10.15 - 11.05	11.05 - 11.30	11.30 - 12.30	12.30 - 1.05	1.05 - 2.05	2.20 - 3.20	15 min with family
Monday	English	Science	Online work out - Joe Wicks	RE	Lunch	DT / Art / Food	Read a book	Talk about today's learning
Tuesday	Own study	English	Walk in garden / around the block	History		Read a book	Music/Drama	
Wednesday	Maths	Own study	Online yoga class	Geography		Own study	Read a book	
Thursday	Read a book	Maths	Walk in garden / around the block	Own study		PSHCE / form activity	Computing	
Friday	Science	Read a book	Online work out - Joe Wicks	MFL		Own study	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.