



Mount Carmel

R.C. HIGH SCHOOL

Year 8 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	Own study	Read a book	Online HITT -Joe Wicks	MFL	Lunch	PSHCE / form activity	Own study	Talk about today's learning
Tuesday	English	Own study	Walk in garden / around the block	Read a book		DT / Art / Food	Own study	
Wednesday	Read a book	English	Online yoga class	History		Own study	Music/Drama	
Thursday	Maths	Science	Walk in garden / around the block	Geography		Own study	Read a book	
Friday	Science	Maths	Online work out - Joe Wicks	RE		Read a book	Computing	

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.