

Daily recommended structure of learning

Suggested daily activities and timings Key Stage 3		Suggested daily activities and timings Key Stage 4	
Time	Study	Time	Study
8.00	Breakfast	8.00	Breakfast
9.00	Core Subject 1 (English, mathematics, science)	9.00	Core Subject 1 (English, mathematics, science)
9.50	Break	9.50	Break
10.00	Core Subject 2 (English, mathematics, science)	10.00	Core Subject 2 (English, mathematics, science)
10.50	Break	10.50	Break
11.00	Foundation 1 (EBACC: Geog, Hist, RP or MFL etc.)	11.00	Options (EBACC: Geog, Hist, RP, Computing or MFL etc.)
11.50	Lunch	11.50	Lunch
12.30	Foundation 2 (Creative: Art, Drama, DT e.g. Food etc.)	12.30	Options (Creative: Art, Drama, P.E, DT, e.g. Food etc.)
13.20	Exercise hour (walk, run, skip, yoga, on-line Joe Wicks Body Coach)	13.20	Exercise hour (walk, run, skip, yoga, on-line e.g. Joe Wicks Body Coach)
14.20	Optional Extra Learning (e.g. 3 rd core subject reading for pleasure, votes for schools)	14.20	Optional Extra Learning (e.g. 3 rd core subject reading for pleasure, votes for schools)
15.00	End of learning	15.00	End of learning

Suggested daily activities and timings Key Stage 5	
Time	Study
8.00	Breakfast
9.00	Subject 1
9.50	Break
10.00	Subject 2
10.50	Break
11.00	Subject 3
11.50	Lunch
12.30	Subject 4 (or rotate revision between subject)
13.20	Exercise hour (walk, run, skip, yoga, on-line e.g. Joe Wicks Body Coach)
14.20	Optional extra learning (wider reading, reading for pleasure, reading newspaper, BBC website)
15.00	End of learning

