



Key Stage 3 Remote Learning Plan

Routine and structure are important during these unprecedented times. They can help reduce stress and make you feel organised and in control. Benefits include:

- Lower stress levels
- Form good daily habits
- Take better care of your health
- Help you feel more productive
- Help you feel more focused

We recommend you try your best to follow this daily schedule.

| Day | 9.00am | 9.10am-10.20am | S | 10.40am-11.50pm | S | 12.00pm-1.00pm | | 1.45pm-2.55pm | 2.55pm-3.00pm | 3.00pm-3.30pm | | |
|--------------|--------------|----------------|----------------------------------|----------------------------------|----------------------------------|----------------|----------------------------------|--|-------------------------|---------------|---|--|
| Mon | Registration | Periods 1 & 2 | C R E E N | Periods 3 & 4 | C R E E N | Periods 5 & 6 | L U N C H | Periods 7 & 8 | SCREEN BREAK | Period 9 | | |
| Tues | Registration | Periods 1 & 2 | | Periods 3 & 4 | | Periods 5 & 6 | | Periods 7 & 8 | | Period 9 | | |
| Wed | Registration | Periods 1 & 2 | | Periods 3 & 4 | | Periods 5 & 6 | | <i>Catch-up & Wednesday Wellbeing time</i> | | | | |
| Thurs | Registration | Periods 1 & 2 | | Periods 3 & 4 | | Periods 5 & 6 | | Periods 7 & 8 | SCREEN BREAK | Period 9 | | |
| Fri | Registration | Periods 1 & 2 | | B R E A K | | Periods 3 & 4 | | B R E A K | | Periods 5 & 6 | <i>Catch-up & Feel Good Friday time</i> | |

*Catch-up- pupils have option to work on any work they have not managed to complete and submit from previous two days.

*Wednesday Wellbeing & Feel Good Friday we recommend pupils take some time to complete an activity that will support their wellbeing. Form Tutors and Heads of Year will have suggestions.

#ASPIRE