

Home Learning	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 – 9:30	Joe Wicks PE https://www.youtube.com/user/thebodycoach1/	Tabata https://www.youtube.com/watch?v=n5Sdyj1VPgY Complete 3 times if you can!	Joe Wicks PE https://www.youtube.com/user/thebodycoach1/	Yoga https://www.youtube.com/watch?v=X655B4ISakg	Dance https://www.youtube.com/watch?v=9WgkiB-GQMI&list=RD9WgkiB-GQMI&index=1
9:30 – 10:00	Mindfulness activity from home learning pack	Mindfulness activity from home learning pack	Mindfulness activity from home learning pack	Mindfulness activity from home learning pack	Mindfulness activity from home learning pack
10:00 – 10:15	BREAK				
10:15 – 11:00	English	English	English	English	English
11:00 - 11:15	BREAK				
11:15 – 12:20	Maths	Maths	Maths	Maths	Maths
12:20 – 1:20	LUNCH				
1:20 – 2:20	PSHE	Computing	Merry-go-round	Computing	Art
2:00 – 2:15	BREAK				
2:15 – 3:25	Spanish	Music	PE	Activity of your choice from home learning pack	Activity of your choice from home learning pack