

Suggested Timetable

Before 9AM	Wake Up	
9:00	Morning Exercise	<u>PE with Joe (YouTube)</u>
10:00	Learning Time	Work through your college study pack
11:00	Creative Time	<u>Time Capsule Activity</u>
12:00 (midday)	Lunch	
12:30	Housework / Chores	Wash the dishes or tidy your room
1:00	Quiet Time	Try not to use electronics (such as tablets, phones and computers)
2:00	Learning Time	Work through your college study pack
3:00	Afternoon Exercise	Go for a walk around your street/garden or do yoga/stretches indoors
4:00	Creative Time	<u>Music with Myleen Klass</u> or <u>Cooking with Jamie Oliver</u>
5:00	Dinner	