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| **Mon 08:20-09:30** |  |
| **09:30-10:30** |  |
| **10:30-11:00** | Break time – food, exercise alone, fresh air |
| **11:00-12:00** |  |
| **12:00-13:00** |  |
| **13:00-14:00** | Lunch and fresh air |
| **14:00-15:00** |  |
| **15:00-15:30** | Pastoral activities, PSHE or reading |

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| **Tue**  **08:20-09:30** |  |
| **09:30-10:30** |  |
| **10:30-11:00** | Break time – food, exercise alone, fresh air |
| **11:00-12:00** |  |
| **12:00-13:00** |  |
| **13:00-14:00** | Lunch and fresh air |
| **14:00-15:00** |  |
| **15:00-15:30** | Pastoral activities, PSHE or reading |

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| **Wed 08:20-09:30** |  |
| **09:30-10:30** |  |
| **10:30-11:00** | Break time – food, exercise alone, fresh air |
| **11:00-12:00** |  |
| **12:00-13:00** |  |
| **13:00-14:00** | Lunch and fresh air |
| **14:00-15:00** |  |
| **15:00-15:30** | Pastoral activities, PSHE or reading |

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| **Thu 08:20-09:30** |  |
| **09:30-10:30** |  |
| **10:30-11:00** | Break time – food, exercise alone, fresh air |
| **11:00-12:00** |  |
| **12:00-13:00** |  |
| **13:00-14:00** | Lunch and fresh air |
| **14:00-15:00** |  |
| **15:00-15:30** | Pastoral activities, PSHE or reading |

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| **Fri 08:20-09:30** |  |
| **09:30-10:30** |  |
| **10:30-11:00** | Break time – food, exercise alone, fresh air |
| **11:00-12:00** |  |
| **12:00-13:00** |  |
| **13:00-14:00** | Lunch and fresh air |
| **14:00-15:00** |  |
| **15:00-15:30** | Pastoral activities, PSHE or reading |