

# Year 7-9 Daily Routine!








Day by day we are starting to find a routine that works for us within our homes and with our families. It is important to keep a good balance between normal routines, school work and looking after our mental health and wellbeing. Below is an idea on how to structure your day.

Get the day off to a positive start!	Focused school work	Take breaks and eat healthily	Keep in touch with your friends and family	Try something new!	How much have you learnt?
<p>Get up, showered and dressed.</p> <p>Do some exercise</p> <p>Eat Breakfast</p> <p>Check your emails, Twitter and the school website for school information!</p>	<p>Split your day into 'core'- English, Maths, Science' subject work and 'non- core.'</p> <p>Aim to do 45 minutes KS3 - 3 times a day -Two core subjects and one non-core Y10/12 4-5 times per day</p> <p>Check the work your teachers have set you on Google Classroom. Don't forget to upload any completed work!</p>	<p>Aim to drink 2 litres of water a day</p> <p>Aim to eat 3-5 pieces of fruit/veg a day</p> <p>Try to cook healthy meals and limit the amount of snacks</p> <p>Have some down time and relax!</p>	<p>Telephone</p> <p>Facetime</p> <p>Whatsapp</p> <p>Use this time to be nice/kind to someone... it could be by helping out around the house or sending a friend, family member or a teacher a kind message. This might cheer up someone's day!</p>	<p>Learn ten phrases in a new language</p> <p>Start a daily journal</p> <p>Research the culture of a different country online</p> <p>Learn a dance</p> <p>Learn sign language</p> <p><b><u>KEEP CALM AND CARRY ON READING!</u></b></p>	<p>Before you finish, have you:</p> <p>Done everything required?</p> <p>→ Checked the success criteria?</p> <p>→ <b><u>Proofread and literacy checked your work?</u></b></p> <p>Use practice tests online or ask a member of your family to test you</p> <p><b><u>Blutick (Numeracy)</u></b></p> <p><b><u>IXL (Numeracy)</u></b></p> <p><b><u>IXL (Literacy)</u></b></p>
<p><b><u>Joe Wicks Couch to 5K Daily Yoga</u></b></p> <p>Mr Davies Twitter - PE Challenge</p>	<p><b><u>BBC Bitesize Blutick (Numeracy) Maths Watch Vocab Express Login memrise</u></b></p>	<p><b><u>St Julian's School Health and Wellbeing NHS Recipes Be the next Jamie Oliver! Your Wellbeing</u></b></p>	<p><b><u>Net Aware</u></b></p>	<p><b><u>Music with Mylene Klass Dancing with Darcey Bussell Read a new book Accelerated Reader &amp; MyOn Try a MOOC Learn how to revise</u></b></p>	<p><b><u>What's happening in the news - myON News</u></b></p>
<p>Suggested time: 1hr</p>	<p>Suggested time: 2-4 hrs</p>	<p>Suggested time: 30 min-1 hour</p>	<p>Suggested time: Free time</p>	<p>Suggested time: 1hr</p>	<p>Suggested time: 30-45 minutes</p>

Any other questions please feel free to email your Class Teacher / Form Tutor / Progress Leader

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Below is the original guide on how you could focus on your school work throughout the day. Now we are well into our home learning it is important that you complete a good amount of work everyday. Use to guide to structure your days and help you to keep on top of all of your subjects. REMEMBER: If you are stuck on any of the work, email your teacher and they will be happy to help :-)

Focused school work		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Session 1- Core  <b>MATHS</b>	Session 1- Core  <b>LANGUAGES- Choose Welsh or Spanish/French OR 30 minutes of each</b>	Session 1- Core  <b>ENGLISH</b>	Session 1- Core  <b>SCIENCE</b>	Session 1- Core  <b>CORE CATCH UP- Use this time to complete and submit any work!</b>
<p>Split your day into 'core including languages'- English, Maths, Science Welsh and Spanish/French' subject work and 'non- core.'</p> <p>Aim to do between 45 minutes and 1 hour KS3 - 3 times a day -Two core subjects and one/ two non-core</p> <p>Check the work your teachers have set you on Google Classroom. Don't forget to upload any completed work!</p>		Session 2- Non-core  <b>Humanities- Choose 2 subjects from the list below and do 30 minutes of each:</b> <ul style="list-style-type: none"> <li>◆ Geography</li> <li>◆ History</li> <li>◆ RS</li> </ul> 	Session 2- Non-core  <b>Art and Music- Do an hour of 1, or 30 mins of each!</b> 	Session 2- Non-core  <b>PE and Drama- Do an hour of 1, or 30 mins of each!</b> 	Session 2- Non-core  <b>ICT and DT- Do an hour of 1, or 30 mins of each!</b> 	Session 2- Non-core  <b>Humanities- Choose 2 subjects from the list below and do 30 minutes of each:</b> <ul style="list-style-type: none"> <li>◆ Geography</li> <li>◆ History</li> <li>◆ RS</li> </ul> 
<b>START YOUR DAY THE RIGHT WAY!</b> <b>Breakfast and email check :-)</b>		Session 3- Core  <b>ENGLISH</b>	Session 3- Core  <b>SCIENCE</b>	Session 3- Core  <b>MATHS</b>	Session 3- Core  <b>LANGUAGES- Choose Welsh or Spanish/French OR 30 minutes of each</b>	Session 3- Core  <b>CORE CATCH UP- Use this time to complete and submit any work!</b>

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