



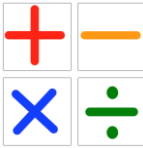



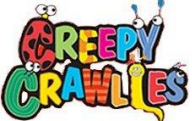


<p>Wake Up</p> 	<p>Make sure when you wake up you get ready for the day. This means you need to wash, get dressed and eat breakfast.</p>
<p>PE Activity</p> 	<p>It is so important to start the day with physical activity, try to be active for 30 minutes.</p>
<p>SPaG Task</p> 	<p>You should spend around 20 minutes on this lesson.</p>
<p>Break</p> 	<p>Get a piece of fruit and make sure you have had a drink. Give your brain a 15 minute break.</p>
<p>Maths</p> 	<p>You should spend around 20-30 minutes doing this lesson.</p>
<p>Break</p> 	<p>Get outside and have a run around for about 15 minutes.</p>
<p>English</p> 	<p>You should spend around 20-30 minutes doing this lesson.</p>
<p>Lunch Time</p> 	<p>Eat your lunch, have some fun and get outside. Give yourself an hour for lunch.</p>
<p>Afternoon Lesson</p> 	<p>You should spend around 20-30 minutes on this lesson (take a break if you want to spend a bit longer on it) as this will be more project style learning.</p>