



Home learning timetable

We recognise that learning at home, full-time, is very different to learning at school. One of the biggest challenges is keeping a positive routine. While everyone's circumstances are different, we would encourage all pupils to aim, where possible, to complete 3-4 hours of learning-related activities each day. Here is an example of how a timetable **might** look:

S1-S2	Monday	Tuesday	Wednesday	Thursday	Friday	S2 pupils may wish to focus only on the subjects that they have chosen to study in S3 * Or split French up into 10 minutes every day 
0830-0915	Try and start your day with an activity that positively prepares you for some school work. This could be 30 minutes of exercise or some mindfulness/meditation*. Remember to have a healthy breakfast too.					
0915-1015	English	Personal Reading	Drama or Music	Maths	Business or Computing or IT	
1100-1130	Art or CDT or HE	Business or Computing or IT	English	Drama or Music	English	
1145-1230	Maths	French*	History or Geography or Modern Studies	RE	Maths	
1330-1415	History or Geography or Modern Studies	Maths	Science	Personal Reading		
1430-1515	Science		PE	Art or CDT or HE		
The school website has some suggested resources that can help you. These resources are from 'Young Scot' and 'Clear your Head'						

We would encourage you to make up a timetable that is realistic for you. Here is a blank one to help you organise what you are going to do when.

S1-S2		Monday	Tuesday	Wednesday	Thursday	Friday	
T I M E							<p>S2 pupils may wish to focus only on the subjects that they have chosen to study in S3.</p> 
<p>* The school website has some suggested resources that can help you. These resources are from 'Young Scot' and 'Clear your Head'</p>							