	3-4pm Intervention	4-5pm	5-6pm	7-8pm	8-9pm	Self-care.	
Monday	Nature/x block	English lang		Maths	biology		
Tuesday	W block/science		Chemistry		English lit		
Wednesday	Maths / z block	W block		Y block	X block		
Thursday	English / y block	physics	Z block	English lang			
Friday		English lit	Maths				
Saturday Spread throughout the day		X block	Biology	W block	Chemistry		
Sunday Spread throughout the day		Y block	Z block	physics			
W Block	X Block Y Block			Z Block	Adapt for your weekly schedule. You may have to adjust depending on your regular activities. Plan to work for 45 minutes of each hour. Make sure you have 15 minutes reset/movement break before starting on your next subject.		
Childcare	French	Art Childcare Engineering		Art			
Construction	Geography			Computing			
Dance	History			Construction	before starting on your next subject.		
French	I-media	Catering		Drama	 Revision Top Tips Be organised – plan your topics. Don't stick to topics you feel comfortable with – look at those you aren't. If you are drifting off task – reset yourself 		
History		Geography		Catering			
I-media		History		History			ortable
Media		Music Triple Science		Health and Social Care			ourself
OCR PE				Photography	and change the activity/topic – remember to go back to it.		

4. Ask for support if you need it.