

# The Bulwell Academy: Home-School Daily Timetable

Subject	Mon	Tue	Wed	Thu	Fri
<b>Unwind</b>	<b>Read</b> <ul style="list-style-type: none"> <li>Listen to an audio book</li> <li>Read a book online</li> </ul>	<b>Listen/ Watch</b> <ul style="list-style-type: none"> <li>Listen to an educational podcast</li> <li>Watch an educational documentary or an adaptation of a literary text</li> </ul>	<b>Read</b> <ul style="list-style-type: none"> <li>Listen to an audio book</li> <li>Read a book online</li> </ul>	<b>Listen/ Watch</b> <ul style="list-style-type: none"> <li>Listen to an educational podcast</li> <li>Watch an educational documentary or an adaptation of a literary text</li> </ul>	<b>Read</b> <ul style="list-style-type: none"> <li>Listen to an audio book</li> <li>Read a book online</li> </ul>
<b>Core</b>	<b>Write or record</b> <ul style="list-style-type: none"> <li>A journal entry of your time at home</li> </ul> <b>Create</b> <ul style="list-style-type: none"> <li>Complete a daily brain-teaser or sudoku</li> </ul>	<b>Write or record</b> <ul style="list-style-type: none"> <li>A journal entry of your time at home</li> </ul> <b>Create</b> <ul style="list-style-type: none"> <li>Complete a daily brain-teaser or sudoku</li> </ul>	<b>Write or record</b> <ul style="list-style-type: none"> <li>A journal entry of your time at home</li> </ul> <b>Create</b> <ul style="list-style-type: none"> <li>Complete a daily brain-teaser or sudoku</li> </ul>	<b>Write or record</b> <ul style="list-style-type: none"> <li>A journal entry of your time at home</li> </ul> <b>Create</b> <ul style="list-style-type: none"> <li>Complete a daily brain-teaser or sudoku</li> </ul>	<b>Write or record</b> <ul style="list-style-type: none"> <li>A journal entry of your time at home</li> </ul> <b>Create</b> <ul style="list-style-type: none"> <li>Complete a daily brain-teaser or sudoku</li> </ul>
<b>Community</b>	<b>Write</b> <ul style="list-style-type: none"> <li>A letter or email to an elderly relative or neighbour who is self isolating</li> </ul>	<b>Call or video call</b> A family or friend to keep in touch	<b>Make</b> A Thank you card for key workers who are working hard to keep everyone safe	<b>Help</b> Your parent or carer complete a task around the house e.g. cooking, cleaning, looking after younger siblings	<b>Create</b> A resource to share with younger students to keep them occupied during social isolation
<b>Wellbeing &amp; fitness</b>	<b>PE</b> Take part in Joe Wicks' live PE lesson	<b>Wellbeing</b> <ul style="list-style-type: none"> <li>Sit outside and enjoy the fresh air</li> <li>Complete some mindful colouring</li> <li>Meditate</li> </ul>	<b>PE</b> Take part in Joe Wicks' live PE lesson	<b>Wellbeing</b> <ul style="list-style-type: none"> <li>Sit outside and enjoy the fresh air</li> <li>Complete some mindful colouring</li> <li>Meditate</li> </ul>	<b>PE</b> Take part in Joe Wicks' live PE lesson
<b>Creative</b>	<b>Choose</b> an emotion and create a piece of art focussed on it	<b>Take a photo</b> to represent an emotion of your choice e.g. 'happiness'	<b>Create</b> Your own song, rap or music video on a topic of your choice	<b>Make up</b> A dance or fitness routine to share with family and friends	<b>Plan or make</b> A recipe for your favourite meal