

APHS Learning from Home Timetable Years 7-10

8:35am-8:55am	Physical Activity Time – Access Parkfit http://caseysablowski.wixsite.com/parkfit
8:55am – 9:35am	Period 1 – Access your online classroom space and complete tasks as required

20-minute break ([why not complete a Brain Break](#))

9:55am – 10:35am	Period 2– Access your online classroom space and complete tasks as required
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20-minute break ([why not complete a Brain Break](#))

10:55am – 11:35am	Period 3– Access your online classroom space and complete tasks as required
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Lunch

12:35pm – 1:15pm	Period 4– Access your online classroom space and complete tasks as required
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20-minute break ([why not complete a Brain Break](#))

1:35pm – 2:15pm	Period 5– Access your online classroom space Thursday Sport – do Parkfit
2:15pm – 2:35pm	Afternoon Activities

Students should follow their regular timetable using the new times

2:15pm – 2:35pm
Afternoon Activities could include:
<ul style="list-style-type: none"> • Check emails / class announcements on Google Classroom/Moodle • Read a book • Assignment Work • Catch up on H/W or unfinished classwork • Complete Exit Tickets as required • Extension Activities • Exercise or Wellbeing Activities • Send questions to teachers • Track your learning and make sure you are up-to-date

