

Year 7	Monday	Tuesday	Wednesday	Thursday	Friday
09:00-09:30	PE Live workout online with Joe Wicks: <a href="https://www.youtube.com/user/thebodycoach1">https://www.youtube.com/user/thebodycoach1</a>	PE Live workout online with Joe Wicks: <a href="https://www.youtube.com/user/thebodycoach1">https://www.youtube.com/user/thebodycoach1</a>	PE Live workout online with Joe Wicks: <a href="https://www.youtube.com/user/thebodycoach1">https://www.youtube.com/user/thebodycoach1</a>	PE Live workout online with Joe Wicks: <a href="https://www.youtube.com/user/thebodycoach1">https://www.youtube.com/user/thebodycoach1</a>	PE Live workout online with Joe Wicks: <a href="https://www.youtube.com/user/thebodycoach1">https://www.youtube.com/user/thebodycoach1</a>
09:30-10:00	<i>Break/Breakfast</i>	<i>Break/Breakfast</i>	<i>Break/Breakfast</i>	<i>Break/Breakfast</i>	<i>Break/Breakfast</i>
10:00-11:00	English <a href="#">Seneca</a>	English <a href="#">Seneca</a>	English <a href="#">Seneca</a>	English <a href="#">Seneca</a>	English <a href="#">Seneca</a>
11:00-12:00	Maths <a href="#">MyMaths</a>	Maths <a href="#">MyMaths</a>	Maths <a href="#">MyMaths</a>	Maths <a href="#">MyMaths</a>	Maths <a href="#">MyMaths</a>
12:00-12:30	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>
12:30-1:30	Science <a href="#">Seneca</a>	Science <a href="#">Seneca</a>	Science <a href="#">Seneca</a>	Science <a href="#">Seneca</a>	Science <a href="#">Seneca</a>
1:30-2:30	History <a href="#">Seneca</a>	Geography <a href="#">Seneca</a>	History <a href="#">Seneca</a>	Geography <a href="#">Seneca</a>	RE <a href="#">Seneca</a>
2:30-3:00	<i>Break</i>	<i>Break</i>	<i>Break</i>	<i>Break</i>	<i>Break</i>
3:00-4:00	French/Lexia <a href="#">Seneca/Lexia</a>	Music <a href="#">Work Packs</a>	French/Lexia <a href="#">Seneca/Lexia</a>	Art <a href="#">Work Packs</a>	DT <a href="#">Work Packs</a>
4:00 onwards	Extended Learning and Personal Development  <a href="https://arkstalbans.org/pages/strips/extended-learning-links">https://arkstalbans.org/pages/strips/extended-learning-links</a>	Extended Learning and Personal Development  <a href="https://arkstalbans.org/pages/strips/extended-learning-links">https://arkstalbans.org/pages/strips/extended-learning-links</a>	Extended Learning and Personal Development  <a href="https://arkstalbans.org/pages/strips/extended-learning-links">https://arkstalbans.org/pages/strips/extended-learning-links</a>	Extended Learning and Personal Development  <a href="https://arkstalbans.org/pages/strips/extended-learning-links">https://arkstalbans.org/pages/strips/extended-learning-links</a>	Extended Learning and Personal Development  <a href="https://arkstalbans.org/pages/strips/extended-learning-links">https://arkstalbans.org/pages/strips/extended-learning-links</a>

Year 8	Monday	Tuesday	Wednesday	Thursday	Friday
09:00-09:30	PE Live workout online with Joe Wicks: <a href="https://www.youtube.com/user/thebodycoach1">https://www.youtube.com/user/thebodycoach1</a>	PE Live workout online with Joe Wicks: <a href="https://www.youtube.com/user/thebodycoach1">https://www.youtube.com/user/thebodycoach1</a>	PE Live workout online with Joe Wicks: <a href="https://www.youtube.com/user/thebodycoach1">https://www.youtube.com/user/thebodycoach1</a>	PE Live workout online with Joe Wicks: <a href="https://www.youtube.com/user/thebodycoach1">https://www.youtube.com/user/thebodycoach1</a>	PE Live workout online with Joe Wicks: <a href="https://www.youtube.com/user/thebodycoach1">https://www.youtube.com/user/thebodycoach1</a>
09:30-10:00	<i>Break/Breakfast</i>	<i>Break/Breakfast</i>	<i>Break/Breakfast</i>	<i>Break/Breakfast</i>	<i>Break/Breakfast</i>
10:00-11:00	English <a href="#">Seneca</a>	English <a href="#">Seneca</a>	English <a href="#">Seneca</a>	English <a href="#">Seneca</a>	English <a href="#">Seneca</a>
11:00-12:00	Maths <a href="#">MyMaths</a>	Maths <a href="#">MyMaths</a>	Maths <a href="#">MyMaths</a>	Maths <a href="#">MyMaths</a>	Maths <a href="#">MyMaths</a>
12:00-12:30	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>
12:30-1:30	Science <a href="#">Seneca</a>	Science <a href="#">Seneca</a>	Science <a href="#">Seneca</a>	Science <a href="#">Seneca</a>	Science <a href="#">Seneca</a>
1:30-2:30	History <a href="#">Seneca</a>	Geography <a href="#">Seneca</a>	History <a href="#">Seneca</a>	Geography <a href="#">Seneca</a>	RE <a href="#">Seneca</a>
2:30-3:00	<i>Break</i>	<i>Break</i>	<i>Break</i>	<i>Break</i>	<i>Break</i>
3:00-4:00	Spanish/French/Lexia <a href="#">Seneca/Lexia</a>	Music <a href="#">Work Packs</a>	Spanish/French/Lexia <a href="#">Seneca/Lexia</a>	Art <a href="#">Work Packs</a>	DT <a href="#">Work Packs</a>
4:00 onwards	Extended Learning and Personal Development  <a href="https://arkstalbans.org/pages/strips/extended-learning-links">https://arkstalbans.org/pages/strips/extended-learning-links</a>	Extended Learning and Personal Development  <a href="https://arkstalbans.org/pages/strips/extended-learning-links">https://arkstalbans.org/pages/strips/extended-learning-links</a>	Extended Learning and Personal Development  <a href="https://arkstalbans.org/pages/strips/extended-learning-links">https://arkstalbans.org/pages/strips/extended-learning-links</a>	Extended Learning and Personal Development  <a href="https://arkstalbans.org/pages/strips/extended-learning-links">https://arkstalbans.org/pages/strips/extended-learning-links</a>	Extended Learning and Personal Development  <a href="https://arkstalbans.org/pages/strips/extended-learning-links">https://arkstalbans.org/pages/strips/extended-learning-links</a>

Year 9	Monday	Tuesday	Wednesday	Thursday	Friday
09:00-09:30	PE Live workout online with Joe Wicks: <a href="https://www.youtube.com/user/thebodycoach1">https://www.youtube.com/user/thebodycoach1</a>	PE Live workout online with Joe Wicks: <a href="https://www.youtube.com/user/thebodycoach1">https://www.youtube.com/user/thebodycoach1</a>	PE Live workout online with Joe Wicks: <a href="https://www.youtube.com/user/thebodycoach1">https://www.youtube.com/user/thebodycoach1</a>	PE Live workout online with Joe Wicks: <a href="https://www.youtube.com/user/thebodycoach1">https://www.youtube.com/user/thebodycoach1</a>	PE Live workout online with Joe Wicks: <a href="https://www.youtube.com/user/thebodycoach1">https://www.youtube.com/user/thebodycoach1</a>
09:30-10:00	<i>Break/Breakfast</i>	<i>Break/Breakfast</i>	<i>Break/Breakfast</i>	<i>Break/Breakfast</i>	<i>Break/Breakfast</i>
10:00-11:00	English <a href="#">Seneca</a>	English <a href="#">Seneca</a>	English <a href="#">Seneca</a>	English <a href="#">Seneca</a>	English <a href="#">Seneca</a>
11:00-12:00	Maths <a href="#">MyMaths</a>	Maths <a href="#">MyMaths</a>	Maths <a href="#">MyMaths</a>	Maths <a href="#">MyMaths</a>	Maths <a href="#">MyMaths</a>
12:00-12:30	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>
12:30-1:30	Science <a href="#">Seneca</a>	Science <a href="#">Seneca</a>	Science <a href="#">Seneca</a>	Science <a href="#">Seneca</a>	Science <a href="#">Seneca</a>
1:30-2:30	History/Geography <a href="#">Seneca/KS4 Virtual School</a>	RE <a href="#">Seneca</a>	History/Geography <a href="#">Seneca/KS4 Virtual School</a>	RE <a href="#">Seneca</a>	History/Geography <a href="#">Seneca/KS4 Virtual School</a>
2:30-3:00	<i>Break</i>	<i>Break</i>	<i>Break</i>	<i>Break</i>	<i>Break</i>
3:00-4:00	Option Subject: Spanish/French/CS/IT/ Business/Art/DT/Sports <a href="#">Seneca/KS4 Virtual School</a>	Option Subject: Spanish/French/CS/IT/ Business/Art/DT/Sports <a href="#">Seneca/KS4 Virtual School</a>	Option Subject: Spanish/French/CS/IT/ Business/Art/DT/Sports <a href="#">Seneca/KS4 Virtual School</a>	Option Subject: Spanish/French/CS/IT/ Business/Art/DT/Sports <a href="#">Seneca/KS4 Virtual School</a>	Option Subject: Spanish/French/CS/IT/ Business/Art/DT/Sports <a href="#">Seneca/KS4 Virtual School</a>
4:00 onwards	Extended Learning and Personal Development  <a href="https://arkstalbans.org/page-strips/extended-learning-links">https://arkstalbans.org/page-strips/extended-learning-links</a>	Extended Learning and Personal Development  <a href="https://arkstalbans.org/page-strips/extended-learning-links">https://arkstalbans.org/page-strips/extended-learning-links</a>	Extended Learning and Personal Development  <a href="https://arkstalbans.org/page-strips/extended-learning-links">https://arkstalbans.org/page-strips/extended-learning-links</a>	Extended Learning and Personal Development  <a href="https://arkstalbans.org/page-strips/extended-learning-links">https://arkstalbans.org/page-strips/extended-learning-links</a>	Extended Learning and Personal Development  <a href="https://arkstalbans.org/page-strips/extended-learning-links">https://arkstalbans.org/page-strips/extended-learning-links</a>

Year 10	Monday	Tuesday	Wednesday	Thursday	Friday
09:00-09:30	PE Live workout online with Joe Wicks: <a href="https://www.youtube.com/user/thebodycoach1">https://www.youtube.com/user/thebodycoach1</a>	PE Live workout online with Joe Wicks: <a href="https://www.youtube.com/user/thebodycoach1">https://www.youtube.com/user/thebodycoach1</a>	PE Live workout online with Joe Wicks: <a href="https://www.youtube.com/user/thebodycoach1">https://www.youtube.com/user/thebodycoach1</a>	PE Live workout online with Joe Wicks: <a href="https://www.youtube.com/user/thebodycoach1">https://www.youtube.com/user/thebodycoach1</a>	PE Live workout online with Joe Wicks: <a href="https://www.youtube.com/user/thebodycoach1">https://www.youtube.com/user/thebodycoach1</a>
09:30-10:00	<i>Break/Breakfast</i>	<i>Break/Breakfast</i>	<i>Break/Breakfast</i>	<i>Break/Breakfast</i>	<i>Break/Breakfast</i>
10:00-11:00	English <a href="#">Virtual School/Seneca</a>	English <a href="#">Virtual School/Seneca</a>	English <a href="#">Virtual School/Seneca</a>	English <a href="#">Virtual School/Seneca</a>	English <a href="#">Virtual School/Seneca</a>
11:00-12:00	Maths <a href="#">MyMaths/Virtual School</a>	Maths <a href="#">MyMaths/Virtual School</a>	Maths <a href="#">MyMaths/Virtual School</a>	Maths <a href="#">MyMaths/Virtual School</a>	Maths <a href="#">MyMaths/Virtual School</a>
12:00-12:30	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>
12:30-1:30	Science <a href="#">Virtual School/Seneca</a>	Science <a href="#">Virtual School/Seneca</a>	Science <a href="#">Virtual School/Seneca</a>	Science <a href="#">Virtual School/Seneca</a>	Science <a href="#">Virtual School/Seneca</a>
1:30-2:30	Option Subject 1: History/ Geography/Spanish/Imedia/ RE/Sports <a href="#">Virtual School</a>	Option Subject 1: History/ Geography/Spanish/Imedia/ RE/Sports <a href="#">Virtual School</a>	Option Subject 1: History/ Geography/Spanish/Imedia/ RE/Sports <a href="#">Virtual School</a>	Option Subject 1: History/ Geography/Spanish/Imedia/ RE/Sports <a href="#">Virtual School</a>	Option Subject 1: History/ Geography/Spanish/Imedia/ RE/Sports <a href="#">Virtual School</a>
2:30-3:00	<i>Break</i>	<i>Break</i>	<i>Break</i>	<i>Break</i>	<i>Break</i>
3:00-4:00	Option Subject 2: As above <u>OR</u> Computer Science/Art/ Music/Business Studies/DT <a href="#">Virtual School</a>	Option Subject 2: As above <u>OR</u> Computer Science/Art/ Music/Business Studies/DT <a href="#">Virtual School</a>	Option Subject 2: As above <u>OR</u> Computer Science/Art/ Music/Business Studies/DT <a href="#">Virtual School</a>	Option Subject 2: As above <u>OR</u> Computer Science/Art/ Music/Business Studies/DT <a href="#">Virtual School</a>	Option Subject 2: As above <u>OR</u> Computer Science/Art/ Music/Business Studies/DT <a href="#">Virtual School</a>
4:00 onwards	Extended Learning and Personal Development  <a href="https://arkstalbans.org/page-strips/extended-learning-links">https://arkstalbans.org/page-strips/extended-learning-links</a>	Extended Learning and Personal Development  <a href="https://arkstalbans.org/page-strips/extended-learning-links">https://arkstalbans.org/page-strips/extended-learning-links</a>	Extended Learning and Personal Development  <a href="https://arkstalbans.org/page-strips/extended-learning-links">https://arkstalbans.org/page-strips/extended-learning-links</a>	Extended Learning and Personal Development  <a href="https://arkstalbans.org/page-strips/extended-learning-links">https://arkstalbans.org/page-strips/extended-learning-links</a>	Extended Learning and Personal Development  <a href="https://arkstalbans.org/page-strips/extended-learning-links">https://arkstalbans.org/page-strips/extended-learning-links</a>

Year 11	Monday	Tuesday	Wednesday	Thursday	Friday
09:00-09:30	PE Live workout online with Joe Wicks: <a href="https://www.youtube.com/user/thebodycoach1">https://www.youtube.com/user/thebodycoach1</a>	PE Live workout online with Joe Wicks: <a href="https://www.youtube.com/user/thebodycoach1">https://www.youtube.com/user/thebodycoach1</a>	PE Live workout online with Joe Wicks: <a href="https://www.youtube.com/user/thebodycoach1">https://www.youtube.com/user/thebodycoach1</a>	PE Live workout online with Joe Wicks: <a href="https://www.youtube.com/user/thebodycoach1">https://www.youtube.com/user/thebodycoach1</a>	PE Live workout online with Joe Wicks: <a href="https://www.youtube.com/user/thebodycoach1">https://www.youtube.com/user/thebodycoach1</a>
09:30-10:00	<i>Break/Breakfast</i>	<i>Break/Breakfast</i>	<i>Break/Breakfast</i>	<i>Break/Breakfast</i>	<i>Break/Breakfast</i>
10:00-11:00	English <a href="#">Virtual School/Seneca</a>	English <a href="#">Virtual School/Seneca</a>	English <a href="#">Virtual School/Seneca</a>	English <a href="#">Virtual School/Seneca</a>	English <a href="#">Virtual School/Seneca</a>
11:00-12:00	Maths <a href="#">MyMaths/Virtual School</a>	Maths <a href="#">MyMaths/Virtual School</a>	Maths <a href="#">MyMaths/Virtual School</a>	Maths <a href="#">MyMaths/Virtual School</a>	Maths <a href="#">MyMaths/Virtual School</a>
12:00-12:30	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>
12:30-1:30	Science <a href="#">Virtual School/Seneca</a>	Science <a href="#">Virtual School/Seneca</a>	Science <a href="#">Virtual School/Seneca</a>	Science <a href="#">Virtual School/Seneca</a>	Science <a href="#">Virtual School/Seneca</a>
1:30-2:30	Option Subject 1: History/ Geography/Spanish/Imedia/ DT/ Art/ Arabic <a href="#">Virtual School</a>	Option Subject 1: History/ Geography/Spanish/Imedia/ DT/ Art/ Arabic <a href="#">Virtual School</a>	Option Subject 1: History/ Geography/Spanish/Imedia/ DT/ Art/ Arabic <a href="#">Virtual School</a>	Option Subject 1: History/ Geography/Spanish/Imedia/ DT/ Art/ Arabic <a href="#">Virtual School</a>	Option Subject 1: History/ Geography/Spanish/Imedia/ DT/ Art/ Arabic <a href="#">Virtual School</a>
2:30-3:00	<i>Break</i>	<i>Break</i>	<i>Break</i>	<i>Break</i>	<i>Break</i>
3:00-4:00	Option Subject 2: As above <u>OR</u> Computer Science/RE/ Music/Business Studies/Sports <a href="#">Virtual School</a>	Option Subject 2: As above <u>OR</u> Computer Science/RE/ Music/Business Studies/Sports <a href="#">Virtual School</a>	Option Subject 2: As above <u>OR</u> Computer Science/RE/ Music/Business Studies/Sports <a href="#">Virtual School</a>	Option Subject 2: As above <u>OR</u> Computer Science/RE/ Music/Business Studies/Sports <a href="#">Virtual School</a>	Option Subject 2: As above <u>OR</u> Computer Science/RE/ Music/Business Studies/Sports <a href="#">Virtual School</a>
4:00 onwards	Extended Learning and Personal Development  <a href="https://arkstalbans.org/page-strips/extended-learning-links">https://arkstalbans.org/page-strips/extended-learning-links</a>	Extended Learning and Personal Development  <a href="https://arkstalbans.org/page-strips/extended-learning-links">https://arkstalbans.org/page-strips/extended-learning-links</a>	Extended Learning and Personal Development  <a href="https://arkstalbans.org/page-strips/extended-learning-links">https://arkstalbans.org/page-strips/extended-learning-links</a>	Extended Learning and Personal Development  <a href="https://arkstalbans.org/page-strips/extended-learning-links">https://arkstalbans.org/page-strips/extended-learning-links</a>	Extended Learning and Personal Development  <a href="https://arkstalbans.org/page-strips/extended-learning-links">https://arkstalbans.org/page-strips/extended-learning-links</a>