| | Morning | | | | Afternoon |
|---|-----------------------|----------------------|--|---------------------|--|
| Monday Start and Finish with a calming activity | Reading & Spelling | English (Reading) | Times tables or Number bonds Maths | Non-screen Activity | Choose two foundation subjects and complete the activities |
| Tuesday Start and Finish with a calming activity | Reading & Spelling | English (Writing) | Times tables or Number bonds Maths | | Choose two foundation subjects and complete the activities |
| Wednesday Start and Finish with a calming activity | Reading & Spelling | English (Reading) | Times tables or Number bonds Maths | | Choose two foundation subjects and complete the activities |
| Thursday Start and Finish with a calming activity | Reading & Spelling | English (Writing) | Times tables or Number bonds Maths | Daily | Choose two foundation subjects and complete the activities |
| Friday Start and Finish with a calming activity | Reading & Spelling | English (Writing) | Times tables or Number bonds Maths | | Practical activities & Weekly Reflection |