

## Structuring your day for eLearning at home

Populate the week with your subjects and online classes - Example below:

This schedule is laid out to keep the routine of your normal school day. If this doesn't suit your circumstances you can adapt the times.

However, you should try to stick to allocating 40 minutes per subject and ensure you include breaks for fresh air and exercise.

		Monday	Tuesday	Wednesday	Thursday	Friday
9:00 -9:25	Begin the day with some exercise - KH videos or Joe Wicks YouTube live 9am Daily					
9:25-10:00	Study session	English Zoom Class				
10.00-10.05	Break, stretch, get some water					
10:05-10:45	Study session	Irish Google Classroom				
10.45 - 11.00	Break, get some fresh air					
11.00-11.40	Study session	Maths Revision				
11:40-11:45	Break, stretch, get some water					
11:45-12.20	Study session	Music Zoom lesson				
12:20-12.25	Break, stretch, get some water					
12.25-13:05	Study session					
13:05 - 13:50	Lunch					
13:50-14:30	Study session					
14:30-14:35	Break, stretch, get some water					
14:35 - 15:10	Study session					
15:10 - 15:15	Break, stretch, get some water					
15:15 - 16:00	Study session					