

YEAR 10 Remote Learning Timetable and Study Tips

Based on some of the feedback we have received from you we thought it may be helpful to put together a suggested timetable whilst you are remote learning.

You do not have to follow this, it is just a suggestion to help you.

A few tips to help you study are:

- Get yourself organised with a daily routine during the week. To do this you need to work out what times are best for you to be doing work during the day. For example some people may want to do their school work between 9-3pm; others may want to start working later in the day and to work later into the afternoon. You decide what works best for you!
- Plan to try and do 4 lots of 45 minutes sessions per day and no longer. There may be times where you are on a piece of work and it will take longer to complete it. Just leave it and come back to it on a Friday when you have 'Catch up time'. It is important to keep your mind and brain engaged; after 45 minutes your concentration levels will be lower. Remember that most lessons are only 50 minutes in school!
- Take regular breaks. After each 45 minute session go and do something else. This could be going for a walk, chatting to your family/friends, watching some TV or maybe having a nap. You need to give your brain a break and we want you to feel refreshed when you are completing work.
- Stick to your routine! It is hard to motivate yourself without the structure of the school day and without the bells! But the best way to keep motivated is to make sure you keep your discipline and make sure you follow your study timetable.
- If you are stuck on a piece of work or you may be struggling to meet a deadline then get in touch with your teacher by emailing them to seek help. By keeping in contact with your teacher they will have a better understanding of how they can support you.
- It is really important that you also do some sort of exercise every day.

There 2 ways you can plan your time, you can choose Plan A or Plan B:

PLAN A follow the timetable below.

	Monday	Tuesday	Wednesday	Thursday	Friday
Session 1 (45 minutes)	English	Option A	Maths	Maths	Option C
BREAK					
Session 2 (45 minutes)	Maths	Maths	Option B	English	Option D
BREAK					
Session 3 (45 minutes)	Science	RE	Science	Science	Catch up
BREAK					
Session 4 (45 minutes)	Option A	Option B	Option C	Option D	Catch up

Options A, B, C and D are the subjects that you selected for your GCSE's. You will have selected four subjects from the list below. Spend 45 minutes on each subject each week, then if you need extra time use some time on Friday to complete your work.

OPTION A

History
Health & Social
Care
Latin
French
Fine Art
Graphics
Child Care

OPTION B

History
Health & Social
Care
Geography
History
Photography
Sports Studies
Fine Art

OPTION C

History
Urdu
French
Fine Art
I Media
BTEC Art &
Design
Sociology

OPTION D

Film Studies
Citizenship
Photography
Sport Studies