## INVERALIMOND COMMUNITY HIGH SCHOL



S1 - S3 SUGGESTED SCHEDULE



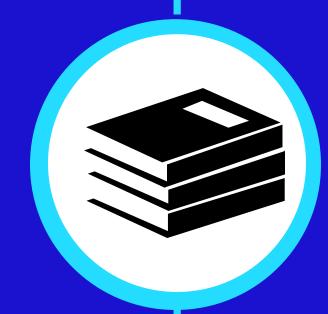
8.45am: Get Up 9 am: Take part in PE at home with Joe Wicks

## Shower and eat breakfast



10am - 11 am: School Work

- LiteracySocial Subjects



llam - 12pm: Activity of your choice

- · Read a book

- Write diary/blog
  Draw/paint/create
  Reflect on your learning on didbook

## 12-Ipm: Lunch



lpm - 2pm: School Work

- NumeracyScience
- Technologies



2pm - 3 pm: Reading/topic work

- Art
  - Music



In these challenging times, make sure you do what you can to support your family. Make time in your day to help by looking after younger siblings, helping with household chores or calling family and friends.