



YEAR 10 TIMETABLE

<http://city-birmingham.academy/year-10-core-connect/>



YEAR 10	AM	Form 9.30 – 10.00	P1 10.00 – 11.00	BREAK	P2 11.30 – 12.30	P3 12.30 – 13.30	BREAK	#COREMASTERCLASS 14.00 – 15.00
MON	Eat Breakfast & prepare for the day as usual	Monday Mindfulness	OPTION C (Art, Child Dev, Computer Sci, Performing Arts or Sport)	Quiet time & a healthy snack	MATHS	OPTION B (French, Food, Hos & Cat, Creative Media, GCSE PE or Sport)	Wash hands & Prepare lunch 20mins of exercise	ENGLISH
TUES	Eat Breakfast & read for 20mins	Tuesday Themes	OPTION B (French, Food, Hos & Cat, Creative Media, GCSE PE or Sport)	Fresh air in the Garden (If possible)	ENGLISH	OPTION C (Art, Child Dev, Computer Sci, Performing Arts or Sport)	Wash hands & Prepare lunch 20mins of exercise	MATHS (PE/ART/DT/DRAMA)
WEDS	Eat Breakfast & prepare for the day as usual	#COREextra Wednesday Wisdom	SCIENCE	Watch 15minutes of tv or play a game.	OPTION A (Art, Business, French, Health & Social, RE or Textiles)	HISTORY / GEOGRAPHY	Wash hands & Prepare lunch 20mins of exercise	SCIENCE
THURS	Eat Breakfast & read for 20mins	#COREextra Thursday Thoughts	ENGLISH	Fresh air in the Garden (If possible)	SCIENCE	OPTION A (Art, Business, French, Health & Social, RE or Textiles)	Wash hands & Prepare lunch 20mins of exercise	MFL, HISTORY, GEOGRAPHY
FRI	Eat Breakfast & read for 20mins	#COREextra Friday Fun	SCIENCE	Quiet time Reading/ Writing/ drawing.	HISTORY / GEOGRAPHY	MATHS	Wash hands & Prepare lunch 20mins of exercise	



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