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| **A picture containing black, umbrella, ball, white  Description automatically generated**  **Learning at Home Schedule** |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Morning** |  |  |  |  |  |
|  |  |  |  |  |  |
| **Afternoon** |  |  |  |  |  |
|  |  |  |  |  |  |
| **Daily exercise** |  |  |  |  |  |

Recommended learning time per school day

* S1-3 pupils - 3 hours
* S4-6 pupils - 4 hours

Try to break learning up into blocks of 40 to 50 minutes and then take a 10 to 15 minute break