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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Day** | **8:30 – 10:00** | **10:00 – 11:00** | **11:00 – 12:00** | **12:00 – 1:00** | **1:00 – 3:10** | **3:10 – 4:00**  **(** | **4:00 – 5:00** | **5:00 – 6:00** | **6:00 – 7:00** | **7:00 – 8:00** | **8:00 – 9:00** | **9:00 – 10:00** |
| **Monday** |  |  |  |  |  | English | RE | Break | Music | English | Relax | Relax |
| **Tuesday** |  |  | School Day |  |  | Science | Break | Break | Maths | Geography | Relax | Relax |
| **Wednesday** |  |  |  |  |  | Break | Geography | English | Break | Maths | Music | Relax |
| **Thursday** |  |  |  |  |  | Maths | Science | Break | Business Studies | Relax | Relax | Relax |
| **Friday** |  |  |  |  |  | Play football | Break | English | Break | Maths | Business Studies | Relax |
| **Saturday** | Science | Maths | Geography | Science | Football | Football | Football | Football | Relax | Relax | Relax | Relax |
| **Sunday** | Geography | Football | Football | Relax | Relax | Science | maths | Break | Geography | RE | Relax | relax |

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| **Day** | **9:00 – 10:00** | **10:00 – 11:00** | **11:00 – 12:00** | **12:00 – 1:00** | **1:00 – 3:10** | **3:10 – 4:00**  **(** | **4:00 – 5:00** | **5:00 – 6:00** | **6:00 – 7:00** | **7:00 – 8:00** | **8:00 – 9:00** | **9:00 – 10:00** |
| **Monday** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Tuesday** |  |  |  |  | School Day |  |  |  |  |  |  |  |
| **Wednesday** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Thursday** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Friday** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Saturday** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Sunday** |  |  |  |  |  |  |  |  |  |  |  |  |

***Instructions –*** First block out all of the hours you have something pre planned or you know you can’t study because you are otherwise engaged. For example you may have football training or gymnastics one evening, or a particular time you regularly visit relatives, or you may still be travelling home or picking up siblings from primary school etc… Choose a colour, possibly red.

Now block in 4-5 hours for each subject you study across the evenings and weekend. Choose a colour for each.

With the time left over, there will be plenty of it, choose a colour, maybe green, and put in the words relax or exercise. There will still be plenty time to procrastinate.