



TIMETABLE FOR CATCH-UP SESSIONS

	9.15-9.45	10-10.30	10.45-11.15	11.30-11.50	12-12.20	1-1.30	1.145-2.15	2.30-3
Mon	Hazel Catch - Up	Sycamore Catch - Up	Cherry Catch - Up	Willow Leaf Catch - Up	Willow Branch Catch - Up	Maple Catch - Up	Cedar Catch - Up	Hawthorn Catch - Up

	9.15-9.45	10-10.30	10.45-11.15	11.30-12		1-1.30	1.145-2.15	2.30-3
Tues	Juniper Catch - Up	Larch Catch - Up	Ash Catch - Up	Oak Catch - Up		Jacaranda Catch - Up	Tamarisk Catch - Up	Rowan Catch - Up

	9.15-9.45	10-10.30	10.45-11.15	11.30-11.50	12-12.20	1-1.30	1.145-2.15	2.30-3
Wed	Cedar Catch - Up	Hawthorn Catch - Up	Maple Catch - Up	Willow Leaf Catch - Up	Willow Branch Catch - Up	Cherry Catch - Up	Hazel Catch - Up	Sycamore Catch - Up

	9.15-9.45	10-10.30	10.45-11.15	11.30-12		1-1.30	1.145-2.15	2.30-3
Thurs	Rowan Catch - Up	Jacaranda Catch - Up	Tamarisk Catch - Up	Ash Catch - Up		Oak Catch - Up	Juniper Catch - Up	Larch Catch - Up

No Screen Time every Friday from 11.00am. Let's start on Friday 12th February.

Fri	<ul style="list-style-type: none"> Bake some cupcakes or a cake BBC Goodfood Cupcake Recipe Go for a walk and collect items to make a memory stick/bag. How-to-make-a-journey-stick Do some circuits outside. Fitness Circuit Course Plan, prepare and make lunch or dinner for the family. Can you create your own secret code? Write a list of things that make you happy, are grateful for or you are good at. Paint or draw a HUGE picture that you can roll up and add to when you have time. Do some gardening, plant some plants. Wash the car. Write your own story or poem. 	<ul style="list-style-type: none"> Research some hobbies and choose one you want to start. Design and make a board game to play. Invent something to do a job you hate doing. Start a recipe book for all the things you bake or cook. Write a diary (write about your feelings and things you do, stick in pictures/photos about lockdown) It might be a historical document one day!! Phone or write a letter to a friend or relative just to say hello and cheer them up. Do a job to help at home. Dress up and make up a play to perform. Sing and dance to a song on the radio. Do a puzzle.
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