Year 7 – Example timetable

Activity	Suggested timings	Link
Joe Wicks	9am – 9:30am	https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ
Pupil Pledge	9:30am – 10:45am	https://www.decschool.co.uk/wp-content/uploads/2021/01/Pupil-pledge-Lockdown-3-Pledge-2020-v3.pdf
PSHE	11:00am – 12:00pm	https://www.decschool.co.uk/curriculum-day-2021/
Well being hour	12:00pm – 1:00pm	https://www.decschool.co.uk/wp-content/uploads/2021/Wellbeing%20Menu.pdf
Extra curricular	1:30pm – 2:45pm	https://www.decschool.co.uk/wp-content/uploads/2021/Extra%20curricular%20activities%5B2%5D.pdf
Form reflection	2:45pm – 3:00pm	https://teams.microsoft.com/

Other activities available include: **Beat the teacher challenges**, our "**Top 3 picks**" and other "**exciting extras**" which you can try throughout the day

Year 8 – Example timetable

Activity	Suggested timings	Link
Joe Wicks	9am – 9:30am	https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ
Well being hour	9:30am – 10:30am	https://www.decschool.co.uk/wp-content/uploads/2021/Wellbeing%20Menu.pdf
PSHE	10:50am – 11:50am	https://www.decschool.co.uk/curriculum-day-2021/
Pupil Pledge	11:50am – 12:50pm	https://www.decschool.co.uk/wp-content/uploads/2021/01/Pupil-pledge-Lockdown-3-Pledge-2020-v3.pdf
Extra curricular	1:20pm – 2:45pm	https://www.decschool.co.uk/wp-content/uploads/2021/Extra%20curricular%20activities%5B2%5D.pdf
Form reflection	2:45pm – 3:00pm	https://teams.microsoft.com/

Other activities available include: **Beat the teacher challenges**, our "**Top 3 picks**" and other "**exciting extras**" which you can try throughout the day

Year 9 – Example timetable

Activity	Suggested timings	Link
Joe Wicks	9am – 9:30am	https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ
Pupil Pledge	9:30am – 10:45am	https://www.decschool.co.uk/wp-content/uploads/2021/01/Pupil-pledge-Lockdown-3-Pledge-2020-v3.pdf
PSHE	11:00am – 12:00pm	https://www.decschool.co.uk/curriculum-day-2021/
Well being hour	12:00pm – 1:00pm	https://www.decschool.co.uk/wp-content/uploads/2021/Wellbeing%20Menu.pdf
Extra curricular	1:30pm – 2:45pm	https://www.decschool.co.uk/wp-content/uploads/2021/Extra%20curricular%20activities%5B2%5D.pdf
Form reflection	2:45pm – 3:00pm	https://teams.microsoft.com/

Other activities available include: **Beat the teacher challenges**, our "**Top 3 picks**" and other "**exciting extras**" which you can try throughout the day

Year 10 – Example timetable

Activity	Suggested timings	Link
Joe Wicks	9am – 9:30am	https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ
Pupil Pledge	9:30am – 10:45am	https://www.decschool.co.uk/wp-content/uploads/2021/01/Pupil-pledge-Lockdown-3-Pledge-2020-v3.pdf
PSHE	11:00am – 12pm	https://www.decschool.co.uk/curriculum-day-2021/
Well being hour	12:00pm – 1pm	https://www.decschool.co.uk/wp-content/uploads/2021/Wellbeing%20Menu.pdf
Beat the teacher	1:30pm – 2pm	
Extra curricular	2pm – 2:45pm	https://www.decschool.co.uk/wp-content/uploads/2021/Extra%20curricular%20activities%5B2%5D.pdf
Form reflection	2:45pm – 3pm	https://teams.microsoft.com/

Other activities available include: "**Top 3 picks**" and other "**exciting extras**" which you can try throughout the day

Year 11 – Example timetable

Activity	Suggested timings	Link
Joe Wicks	9am – 9:30am	https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ
PSHE	9:30am – 10:30am	https://www.decschool.co.uk/curriculum-day-2021/
Pupil Pledge	10:30am – 11:30am	https://www.decschool.co.uk/wp-content/uploads/2021/01/Pupil-pledge-Lockdown-3-Pledge-2020-v3.pdf
Well being hour	12:00pm – 1pm	https://www.decschool.co.uk/wp-content/uploads/2021/Wellbeing%20Menu.pdf
Beat the teacher	1pm – 1:30pm	
Extra curricular	2pm – 2:45pm	https://www.decschool.co.uk/wp-content/uploads/2021/Extra%20curricular%20activities%5B2%5D.pdf
Form reflection	2:45pm – 3pm	https://teams.microsoft.com/

Other activities available include: "**Top 3 picks**" and other "**exciting extras**" which you can try throughout the day