



| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------|--|--|--|---|--|
| 08:40-09:00 | Breakfast / Zones of Regulation | Breakfast / Zones of Regulation | Breakfast / Zones of Regulation | Breakfast / Zones of Regulation | Breakfast / Zones of Regulation |
| 09:00-09:30 | Sensory Circuit (Organising and calming) | Sensory Circuit (Organising and calming) | Sensory Circuit (Organising and calming) | Sensory Circuit (Organising and calming) | Sensory Circuit (Organising and calming) |
| 09:30-10:00 | Maths Mondays | Reading Tuesdays | Writing Wednesdays | Science Thursdays (Practical Activities) | Fantastic Friday (Pupil led subject agreed on Monday) |
| 10:00-10:10 | Reward / Movement / Sensory Break | Reward / Movement / Sensory Break | Reward / Movement / Sensory Break | Reward / Movement / Sensory Break | Reward / Movement / Sensory Break |
| 10:10-10:30 | Guided Reading (1:1 Reads/Phonics if needed) | Guided Reading (1:1 Reads/Phonics if needed) | Guided Reading (1:1 Reads/Phonics if needed) | Guided Reading (1:1 Reads/Phonics if needed) | Guided Reading (1:1 Reads/Phonics if needed) |
| 10:30-10:45 | Break Time | Break Time | Break Time | Break Time | Break Time |
| 10:45-11:30 | Cooking (<i>Recipes to take home</i>) | Gardening (Year 1 Area/Allotments Project) | Gardening (Year 1 Area/Allotments Project) | Creative Art (Practical/Nature Centred) | PE? (Subject to PE Coach Availability) |
| 11:30-11:40 | Reward / Movement / Sensory Break | Reward / Movement / Sensory Break | Reward / Movement / Sensory Break | Reward / Movement / Sensory Break | Reward / Movement / Sensory Break |
| 11:40-12:00 | Mindful Yoga (Calm App) | Mindful Yoga (Calm App) | Mindful Yoga (Calm App) | Mindful Yoga (Calm App) | Mindful Yoga (Calm App) |
| 12:00-12:30 | Lunch (Pathways with activities outdoors) | Lunch (Pathways with activities outdoors) | Lunch (Pathways with activities outdoors) | Lunch (Pathways with activities outdoors) | Lunch (Pathways with activities outdoors) |
| 12:30-13:00 | Sensory Circuit (Organising and calming) | Sensory Circuit (Organising and calming) | Sensory Circuit (Organising and calming) | Sensory Circuit (Organising and calming) | Sensory Circuit (Organising and calming) |
| 13:00-13:30 | PATHS Curriculum (Year 4 Adapted) | PATHS Curriculum (Year 4 Adapted) | PATHS Curriculum (Year 4 Adapted) | PATHS Curriculum (Year 4 Adapted) | PATHS Curriculum (Year 4 Adapted) |
| 13:30-13:45 | Reward / Movement / Sensory Break | Reward / Movement / Sensory Break | Reward / Movement / Sensory Break | Reward / Movement / Sensory Break | Reward / Movement / Sensory Break |
| 13:45-14:30 | My Happy Minds (Relevant Year Groups) | My Happy Minds (Relevant Year Groups) | My Happy Minds (Relevant Year Groups) | My Happy Minds (Relevant Year Groups) | My Happy Minds (Relevant Year Groups) |
| 14:30-14:45 | Reward / Movement / Sensory Break | Reward / Movement / Sensory Break | Reward / Movement / Sensory Break | Reward / Movement / Sensory Break | Reward / Movement / Sensory Break |
| 14:45-15:00 | Decompression Time (Colouring, Lego, Games) | Decompression Time (Colouring, Lego, Games) | Decompression Time (Colouring, Lego, Games) | Decompression Time (Colouring, Lego, Games) | Decompression Time (Colouring, Lego, Games) |
| 15:00-15:10 | Zones of Regulation | Zones of Regulation | Zones of Regulation | Zones of Regulation | Zones of Regulation |
| 15:10 | Home Time | Home Time | Home Time | Home Time | Home Time |