

ADAPT!

6a

Active 30:30 Timetable

	Timings	Monday	Tuesday	Wednesday	Thursday	Friday
Travel						
Playground						
Registration						
Lesson 1						
Lesson 2						
Break						
Lesson 3						
Lesson 4						
Lunchtime						
Lesson 5						
Break						
Lesson 6						
After School						

Key

High activity

Some activity

Light activity

Inactive

