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| Time | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 8:00-8:30 | Planning time for the day and setting the scene |
| 8:30-9:15 | pastoral care & PRAYER |
| 9:15-10:15 | Learning Block**Mathematics**  | Learning Block**English** | Learning Block**Mathematics**  | Learning Block**English** | Learning Block**Science** |
| How might we use patterns to help explain our physical world?[years-7-10/mathematics/year-8-number-and-algebra](https://www.cesa.catholic.edu.au/learning-online/learning-resources/years-7-10/mathematics/year-8-number-and-algebra) | How can I recount and reflect on a day that changed my life?[y7-y10/english/digital-storytelling](https://www.cesa.catholic.edu.au/learning-resources/y7-y10/english/digital-storytelling) | How might we use patterns to help explain our physical world?[years-7-10/mathematics/year-8-number-and-algebra](https://www.cesa.catholic.edu.au/learning-online/learning-resources/years-7-10/mathematics/year-8-number-and-algebra) | How can I recount and reflect on a day that changed my life?[y7-y10/english/digital-storytelling](https://www.cesa.catholic.edu.au/learning-resources/y7-y10/english/digital-storytelling) | How might we energise our cities, towns and homes?[years-7-10/science/year-8-energy](https://www.cesa.catholic.edu.au/learning-online/learning-resources/years-7-10/science/year-8-energy) |
| 10:15-11:15 | Morning snack break and outside time |
| 11:15-12:15 | Learning Block **Health and PE**  | Learning Block**Mathematics**  | Learning Block**English** | Learning Block**Science** | Learning Block **HASS** |
| How can a personal fitness plan support me to be physically active?[years-7-10/health-physical-education/being-physically-active-improves-health](https://www.cesa.catholic.edu.au/learning-online/learning-resources/years-7-10/health-physical-education/being-physically-active-improves-health) | How might we use patterns to help explain our physical world?[years-7-10/mathematics/year-8-number-and-algebra](https://www.cesa.catholic.edu.au/learning-online/learning-resources/years-7-10/mathematics/year-8-number-and-algebra) | How can I recount and reflect on a day that changed my life?[y7-y10/english/digital-storytelling](https://www.cesa.catholic.edu.au/learning-resources/y7-y10/english/digital-storytelling) | How might we energise our cities, towns and homes?[years-7-10/science/year-8-energy](https://www.cesa.catholic.edu.au/learning-online/learning-resources/years-7-10/science/year-8-energy) | Australia has 23 million people. Where do i fit?[years-7-10/human-and-social-sciences/migration-and-changing-demographics](https://www.cesa.catholic.edu.au/learning-online/learning-resources/years-7-10/human-and-social-sciences/migration-and-changing-demographics) |
| 12:15-1:00 | Lunch and outside time and exercise |
| 1:00-2:00 | Learning Block **HASS** | Learning Block**Science** | Learning block **Technologies**  | Learning Block **Religious Education**  | Learning Block **Health and PE**  |
| Australia has 23 million people. Where do i fit?[years-7-10/human-and-social-sciences/migration-and-changing-demographics](https://www.cesa.catholic.edu.au/learning-online/learning-resources/years-7-10/human-and-social-sciences/migration-and-changing-demographics) | How might we energise our cities, towns and homes?[years-7-10/science/year-8-energy](https://www.cesa.catholic.edu.au/learning-online/learning-resources/years-7-10/science/year-8-energy) | How might we redesign a public space to be more environmentally sustainable?[years-7-10/technologies/sustainability](https://www.cesa.catholic.edu.au/learning-online/learning-resources/years-7-10/technologies/sustainability) | How can science and religion work together to support and enhance human dignity?[years-7-10/religious-education/sample-units-for-online-r-e-learning](https://www.cesa.catholic.edu.au/learning-online/learning-resources/years-7-10/religious-education/sample-units-for-online-r-e-learning) | How can a personal fitness plan support me to be physically active?[years-7-10/health-physical-education/being-physically-active-improves-health](https://www.cesa.catholic.edu.au/learning-online/learning-resources/years-7-10/health-physical-education/being-physically-active-improves-health) |
| 2:00-2:50 | Reading and literacy Free reading or writing | Reading and literacy Free reading or writing | Mindfulness[wellbeing/nurturing-wellbeing](https://www.cesa.catholic.edu.au/learning-resources/wellbeing/nurturing-wellbeing) | Reading and literacy Free reading or writing | Reading and literacy Free reading or writing |
| 2:50-3:30 | Learning Block **Technologies** | Learning Block **Religious Education**  | Learning Block **Languages** | Learning Block **Arts**  | Learning Block **Languages** |
| How might we redesign a public space to be more environmentally sustainable?[years-7-10/technologies/sustainability](https://www.cesa.catholic.edu.au/learning-online/learning-resources/years-7-10/technologies/sustainability) | How can science and religion work together to support and enhance human dignity?[years-7-10/religious-education/sample-units-for-online-r-e-learning](https://www.cesa.catholic.edu.au/learning-online/learning-resources/years-7-10/religious-education/sample-units-for-online-r-e-learning) | How has the community changed and / or remained the same over time and what role have people of diverse backgrounds played in the development and character of the local community?[years-7-10/languages/globalisation-festivals-from-around-the-world](https://www.cesa.catholic.edu.au/learning-online/learning-resources/years-7-10/languages/globalisation-festivals-from-around-the-world) | How do artists use their art to present alternative perspectives of constructed historical narratives?[years-7-10/the-arts/the-role-of-art-in-representing-australian-history](https://www.cesa.catholic.edu.au/learning-online/learning-resources/years-7-10/the-arts/the-role-of-art-in-representing-australian-history)ATSI: [learning-diversity/aboriginal-education/art-gallery-of-sa-the-essential-introduction-to-aboriginal-art-25-facts-](https://www.cesa.catholic.edu.au/learning-resources/learning-diversity/aboriginal-education/art-gallery-of-sa-the-essential-introduction-to-aboriginal-art-25-facts-) | How has the community changed and / or remained the same over time and what role have people of diverse backgrounds played in the development and character of the local community?[years-7-10/languages/globalisation-festivals-from-around-the-world](https://www.cesa.catholic.edu.au/learning-online/learning-resources/years-7-10/languages/globalisation-festivals-from-around-the-world) |
| 3:30-3:45 | Reflection on the day and needs for tomorrow. WHAT KEY CAPABILITIES DID YOU EVIDENCE? OPPORTUNITIES FOR MEDITATION/PRAYER |

All hyperlinks to Learning Resources listed in this document are preceded by **www.cesa.catholic.edu.au/learning-online/learning-resources/**