



S1-3 Forrester Home Learning

	Monday	Tuesday	Wednesday	Thursday	Friday
45-60 mins	Maths	History	Maths	Geography	PE
45-60 mins	English	S3 Enrichment Task	English	Business	RMPS
45-60 mins	Science	Modern Languages	Science	Modern Languages	PSE/Wellbeing
45-60 mins	PE	CDT	HE	Personal reading	Drama
45-60 mins	Art	Music	Computing	Modern Studies	Phone a loved one
Optional	Daily exercise/Workout Personal reading	Daily exercise/Workout Creative task	Daily exercise/Workout Mindfulness	Daily exercise/Workout Wellbeing walk	Daily exercise/Workout Act of Kindness