

SAMPLE TIMETABLE (Life Skills Programme)

Mon-Fri, 8.00 - 14.30



	Monday	Tuesday	Wednesday	Thursday	Friday
08:00	Exercise and Morning Rota				
08:30	Work Awareness	New Horizons (PSHE)	Sports and Fitness	Community Trip (Outside)	Functional Literacy: Locating Information
10:00	Morning Break & Snack				
10:15	Functional Math: Money Skills	Snack Shop	Functional ICT: Using Gmail	Community Trip (Outside)	Life Skills Cooking
12:00	Lunch Break				
13:00	Team Building	Social Skills	Community Trip Planning	Art and Creativity	Social Skills
14:00	Social Time and Afternoon Rota				