

A timetable you could use to help organise your day!

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9.00	PE- Joe Wicks	PE- Joe Wicks	PE- Joe Wicks	PE- Joe Wicks	PE- Joe Wicks
9.30	Literacy	Literacy	Literacy	Literacy	Literacy
10.00	<i>Take a Break!</i>				
10.30	Numeracy	Numeracy	Numeracy	Numeracy	Numeracy
11.00	<i>Pick an Activity from the SI Padlet</i>				
11.20	SESE	Art	SESE	SPHE/Music	SESE

Take a movement break for 5 minutes after completing each subject!

Scroll down to the bottom of the Senior Infants page to see all the Padlet activities!





Pop See Ko 2.0 - Koo Koo Kanga Roo | GoNoodle



Penguin Dance | Brain Breaks | Jack Hartmann

Ideas for Movement Breaks!



Melting - Flow | GoNoodle



Trolls: Can't Stop The Feeling | GoNoodle