



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	SPHE/ Music	SESE	Art	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!*





Shake Break Exercise Song for Kids | Pancake Manor



Penguin Dance | Brain Breaks | Jack Hartmann



Pop See Ko 2.0 - Koo Koo Kanga Roo | GoNoodle

Ideas for Movement Breaks!

Click on the picture