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| **Day** | **AM** | **PM** |
| Tuesday | ERIC 9.00 – 9.30English 9.30 – 10.30BreakMaths 11.00- 12.00 | TOPICMindfulness Bookmark |
| Wednesday | ERIC 9.00 – 9.30English 9.30 – 10.30BreakMaths 11.00- 12.00 | Joe Wicks WorkoutHandwriting |
| Thursday | ERIC 9.00 – 9.30English 9.30 – 10.30BreakMaths 11.00- 12.00 | TOPICMindfulness Bookmark |
| Friday | ERIC 9.00 – 9.30English 9.30 – 10.30BreakMaths 11.00- 12.00 | Joe Wicks WorkoutHandwriting |