

Pine class – Example timetable

Pine Class Timetable – Spring 1

	Monday	Tuesday	Wednesday	Thursday	Friday
09:00-09:20	Students arrive and settle: Movement Activities/Regulation				
09:25-09:30	Circle Time Routines				
09:30-09:35	Word of the week Attention Autism	Word of the week Attention Autism	Word of the week Attention Autism	Word of the week Attention Autism	Word of the week Attention Autism
9.35 - 9.45	Movement Break (Preferably outside)				
09:45-10:00	PA/ Phonics	PA/ Phonics	PA/ Phonics	PA/ Phonics	PA/ Phonics
10:00-10:45	Snack / Playtime (Personal Care)				
10:45-11:05	Communication and Language	Communication and Language	Communication and Language	Communication and Language	Communication and Language
11:05-11:15	Sensory Circuits				
11:15-11:35	My Thinking (Maths)	My Thinking (Maths)	My Thinking (Maths)	My Thinking (Maths)	My Thinking (Maths)
11:35-12:00	Pre-lunch routines – hand washing, personal care etc				
12:00-13:00	Lunch and Playtime				
13:00-13:20	Regulation Time – Calming activities, Sensory massage.				
13:20-14:00	PSHE PLIMS	Sensology / Life Skills	Understanding the World PLIMS Dance session	PE / PD Soft Play session	Expressive Arts PLIMS
14:00-14:30	Snack, movement break and personal care	Snack, movement break and personal care	Snack, movement break and personal care	Snack, movement break and personal care	Snack, movement break and personal care
14:30-14:45	End of the Day Circle Time - Singing, calming activities, story.				
15:00	Home Time				