

Monday

13:00

Bitesize Daily: Motivational  
Monday

Age 11-12: 13:00

Age 12-13: 13:20

Age 13-14: 13:40

Maths: Place value & decimals  
English: Letter writing & essays  
History: Peasants’ Revolt  
Big Reads: Mehreen Baig &  
Russell Kane

Tuesday

13:00

Bitesize Daily: Study Tips  
Tuesday

Age 11-12: 13:00

Age 12-13: 13:20

Age 13-14: 13:40

Biology: Animal and plant cells &  
mechanics of breathing  
English: Punctuation  
Geography: Shopping patterns &  
tourism  
Big Reads: Mehreen Baig &  
Russell Kane

Wednesday

13:00

Bitesize Daily: Wellbeing  
Wednesday

Age 11-12: 13:00

Age 12-13: 13:20

Age 13-14: 13:40

Maths: Perimeters of shapes,  
areas & circumferences  
Science: Changes of state &  
chemical reactions  
DT: Aesthetics  
Big Reads: Mehreen Baig &  
Russell Kane

Thursday

13:00

Bitesize Daily: Thinking  
Thursday

Age 11-12: 13:00

Age 12-13: 13:20

Age 13-14: 13:40

English: Speeches  
Maths: Ratios  
Art: Prop design in Harry Potter  
films  
Big Reads: Mehreen Baig &  
Russell Kane

Friday

13:00

Bitesize Daily: Feelgood  
Friday

Age 11-12: 13:00

Age 12-13: 13:20

Age 13-14: 13:40

Physics: Hooke’s Law & space  
English: Unfamiliar words,  
etymology & root words  
ICT: Gaming & coding  
Big Reads: Mehreen Baig &  
Russell Kane

14:00

Inside the Human  
Body

Creation

Michael Mosley shows the  
sequence of biological  
events that lead to human  
birth

14:00

Inside the Human  
Body

Building your brain

Michael Mosley traces our  
development from birth to  
adulthood

14:00

Inside the Human  
Body

Hostile World

Michael Mosley reveals the  
ingenious ways the body  
defends itself against a  
hostile world

14:00

The Human Body:  
Secrets of Your Life  
Revealed

Grow

Chris and Xand van Tulleken  
explore the latest  
understanding of how we all  
grow

14:00

The Human Body:  
Secrets of Your Life  
Revealed

Survive

A look at what keeps the  
human body alive, including  
reflexes and the immune  
system