



Time for the Family,  
Time for You

## Time for the Family

- 9:00 [PE with Joe Wicks](#) (Available at all times, new content everyday)
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- 10:00 [Maths with Carol Vorderman](#) (Available at all times)
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- 11:00 [English with David Walliams](#) (Available at all times, new content everyday)
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- 12:00 Lunch - [Cook with Jamie/Home Economics with Theo Michaels](#)
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- 13:00 [Music with Myleene Klass](#) (Available at all times, new content most days)
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- 14:00 [Dance with Darcey Bussell](#)'s inclusive dance fitness programme for all ages & abilities. (Available at all times)
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- 15:00 [Glasgow Science Centre's DIY science experiments](#) via Facebook (Available at all times) OR [Harry Potter at Home](#)
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- 16:00 [Ben Fogle's Adventure Class](#) (New content everyday)
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- 17:00 [Storyline Online](#) (Available at all times, storytelling of children's books by celebrity actors with illustrations)

## Time for You

### [Free Code amp's Guide to 450 free Ivy League Courses](#)

- Furthering your learning and sign up to one of these online courses.

### [Museums Digital Tours](#)

- Free online tours of museums and galleries across the world, collated by 'travelandleisure.com'.

### [Yoga with Adriene](#)

- Yoga videos for all ages and abilities.

### [A Trip to the Opera](#)

- Take a virtual trip and watch live from New York.

### [Theatre & Dance](#)

- The Guardian have collated the top shows online, from past productions to live streams.

### [Netflix Party](#)

- Watch Netflix with your friends and loved ones and use the Netflix Party application to chat together.

### [Headspace](#)

- Download this mindfulness application on your phone for guided exercises aimed to help you feel happy and healthy.

### [Watch the Northern Lights](#)

- Head over to [explore.org](#) to watch the Northern Lights live.

### [Duolingo](#)

- This easy application will help you learn a new language for free.