



### Using Your Daily Timetable/Planner

You may already have your new school timetable. It is very important that you check your timetable regularly as it will tell you things such as:

- Which lessons you have.
- Which room the lesson will be held in.
- Which teacher will take the lesson
- What time the lessons starts and ends.
- What equipment you might need e.g....PE



**Handy Tip** - You will need to change classrooms regularly throughout the day and you need to get to each lesson on time. If you don't have a watch, it would be a good idea to buy one. If you buy one with an alarm it can remind you of any important times throughout the day. It can also wake you up in the morning!!!

#### Task 4

a) Have a look at your timetable, or if you don't have your new timetable yet, use the black and white table on the next page, to and see if you can answer these questions:

- What days do you have P.E?
- What equipment do you need for Tuesday's lessons?
- When is your favourite lesson?

Some people like the simple black and white timetables that the schools provide, others find that a colour coded timetable can be much easier to follow and can help them to plan more easily.

b) Now answer the same questions using the colour coded timetable on page 18.

How was that? Did you notice any difference when using the different timetables? Did you manage to find the subjects any quicker when you used the colour coded one?



**Handy Tip** - perhaps you could colour code your timetable when you start school? If you or someone in your house is good with computers, you can do this yourselves. If not, please ask your Occupational Therapist for assistance.



**Black and White Timetable**

	1	2	3	4	5	6	7
<b>Mon</b>	Science	Music	CFE	Social Subjects	English	<b>PE</b>	Maths
<b>Tue</b>	Art	RE	Maths	Maths	English	Spanish	Music
<b>Wed</b>	<b>PE</b>	<b>PE</b>	I.T.	Maths	Tech	RE	
<b>Thur</b>	Home Ecc	Science	English	Social Subjects	Maths	Music	Spanish
<b>Fri</b>	Art	Science	Social Subjects	Tech	English	Spanish	



**Colour Coded Timetable**

	1	2	3	4	5	6	7
<b>Mon</b>	Science	Music	CFE	Social Subjects	English	PE	Maths
<b>Tue</b>	Art	RE	Maths	Maths	English	Spanish	Music
<b>Wed</b>	PE	PE	I.T.	Maths	Tech	RE	
<b>Thur</b>	Home Ecc	Science	English	Social Subjects	Maths	Music	Spanish
<b>Fri</b>	Art	Science	Social Subjects	Tech	English	Spanish	