

# Daily Programme by Free2learn

07.00 - Wake up: Get ready for the day



08.00 - Breakfast: [Prepare & Eat a Healthy Breakfast.](#)



09.00 - Daily movement: [Sports with Joe Wicks](#)



10.00 - Learning: Zoom session <https://zoom.us/j/5191985134>

11.00 - Learning: Open Zoom session

12.00 - Learning: Complete learning activities set by trainer

13.00 - Lunch: [Cooking lunch with Jamie Oliver](#)



14.00 - Learning: Zoom session (Tutorial: Safeguarding)

15.00 - Learning: Complete learning activities set by trainer

15.30 - [BBC Bitesize: Skills For Work](#)



16.00 - Enjoy your evening! 🌙

