



MY JOURNEY • YEAR 1 • UNIT 1

WEEK 1 VISUAL TIMETABLE • MY VOICE AND ACCESS

Break • stop • help • change • finished are available all day

TIME & ACTIVITY	 Monday	 Tuesday	 Wednesday	 Thursday	 Friday
 8:30 Arrival & regulation	 Arrival	 Arrival	 Arrival	 Arrival	 Arrival
 8:45 Circle: Ready	 Circle	 Circle	 Circle	 Circle	 Circle
 9:00 English & communication	 English	 English	 English	 English	 English
 9:45 Movement break	 Movement	 Movement	 Movement	 Movement	 Movement
 10:00 Mathematics	 Math	 Math	 Math	 Math	 Math
 10:40 Break / snack	 Break	 Break	 Break	 Break	 Break
 11:00 My Journey / Life Skills	 S1 • My Journey	 S2 • My Journey	 S3 • My Journey	 S4 • My Journey	 S5 • My Journey
 11:50 Sensory regulation	 Regulation	 Regulation	 Regulation	 Regulation	 Regulation
 12:05 Science / inquiry	 Science	 Science	 Science	 Science	 Science
 12:45 Lunch & personal routines	 Lunch	 Lunch	 Lunch	 Lunch	 Lunch
 1:30 Cooking / practical application	 Cooking	 Cooking	 Cooking	 Cooking	 Cooking
 2:15 PE / outdoor movement	 PE	 PE	 PE	 PE	 PE
 2:45 Show, reflect & home	 Reflect & home	 Reflect & home	 Reflect & home	 Reflect & home	 Reflect & home

HIGH DEMAND • explicit learning

LOW DEMAND • regulate & recover

Routes are fluid • AAC and access supports stay available