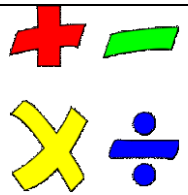
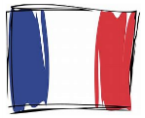
M	 30 minutes	 1 hour	Opportunity to watch daily Hi5 video	 1 hour			 1 hour		Daily quiz
T	 30 minutes	 1 hour	Opportunity to watch daily Hi5 video	 1 hour			 1 hour	 1 hour	Daily quiz
W	 30 minutes	 1 hour	 20 minutes	 1 hour			 45 minutes	 45 minutes	Daily quiz
Th	 30 minutes	 1 hour	Assembly 15 minutes	 1 hour			 1 hour		Daily quiz
F	 30 minutes	 1 hour	Assembly 15 minutes	 1 hour			 1 hour	Reflection time 	Daily quiz