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| Grade 1R | Monday | Tuesday | Wednesday | Thursday | Friday |
| SFO  7:00 – 8:30 |  |  |  |  |  |
| Lesson 1  08:30 – 9.15 | English | Assembly | English | English | English |
| Lesson 2  9.15 – 10.00 | English | Norwegian | Norwegian | English | English |
| Morning Break  10:00 – 10:30 |  |  |  |  |  |
| Lesson 3  10.30 – 11.15 | ICT | Maths | Maths | Maths | Art |
| Lesson 4  11.15 – 12.00 | ICT | Maths | Maths | Maths | Art |
| Lunch Break  12.00 – 12.50 |  |  |  |  |  |
| Lesson 5  12.50 – 1.35 | UOI | UOI | UOI | SFO/swimming | UOI |
| Lesson 6  1.35 – 2.20 | PE | Music | Norwegian | SFO/swimming | UOI |
| Lesson 7  2.20 – 3.05 | Norwegian | PE | Music | SFO/swimming | Bootlegging /Golden time |
| SFO/Clubs | SFO | SFO | CLUBS | SFO | SFO |

UOI – unit of inquiry