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| Grade 1R | Monday | Tuesday | Wednesday | Thursday | Friday |
|  SFO7:00 – 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 Break10:00 – 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