

Balanced Day Timetable

2013-2014

Period	Time	Mon	Tue	Wed	Thu	Fri
Opening Exercises	9:00-9:05					
1	9:05-9:35					
2	9:40-10:10					
3	10:15-10:45					
Break 1	10:45-11:00	Inside Break (15 min. nutritional snack)				
	11:00-11:25	Outside Break (25 min. of active play)				
4	11:25-11:55					
5	12:00-12:30					
6	12:35-1:05					
Break 2	1:05-1:25	Inside Break (20 min. nutritional snack)				
	1:25-1:55	Outside Break (30 min. of active play)				
7	1:55-2:25					
8	2:30-3:00					
9	3:00-3:30	Daily Physical Activity (DPA)				