

Sample Schedule for the Instructional Block for Key Stage 4

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00-8:00 AM	Human Movement 1 (Elective)	Human Movement 1 (Elective)	Human Movement 1 (Elective)	Human Movement 1 (Elective)	Homeroom Guidance Program
8:00-9:00 AM					General Science
9:00-9:20 AM	HEALTH BREAK				
9:20-10:20 AM	Effective Communication	Effective Communication	Pag-aaral ng Kasaysayan at Lipunang Pilipino	Mabisang Komunikasyon	General Mathematics
10:20-1:20 AM	General Science	General Science	Mabisang Komunikasyon	General Science	Pag-aaral ng Kasaysayan at Lipunang Pilipino
11:20-12:00 PM	LUNCH BREAK				
12:00-1:00 PM	General Mathematics	Pag-aaral ng Kasaysayan at Lipunang Pilipino	General Mathematics	General Mathematics	Life & Career Skills
1:00-2:00 PM	Pag-aaral ng Kasaysayan at Lipunang Pilipino	Life & Career Skills	Life & Career Skills	Life & Career Skills	
AFTER CLASS					
2:00-3:00 PM	ARAL Program	ARAL Program			