

Sample Schedule for the Instructional Block for Key Stage 3

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00-8:00 AM	Homeroom and Guidance Program	Values Education	Values Education	Values Education	Values Education
8:00-9:00 AM	English	Filipino	Filipino	Filipino	Filipino
9:00-10:00 AM	Science	Mathematics	English	English	English
9:00-9:20 AM	HEALTH BREAK				
9:20-10:20 AM	Mathematics	Araling Panlipunan	Science	Science	Science
10:20-11:20 AM	Araling Panlipunan	EPP/TLE	Araling Panlipunan	Mathematics	Mathematics
11:20-12:00 PM	LUNCH BREAK				
12:00-1:00 PM	EPP/TLE	MAPEH	MAPEH	EPP/TLE	Araling Panlipunan
1:00-2:00 PM	MAPEH	ARAL Program	ARAL Program	MAPEH	EPP/TLE
AFTER CLASS					
2:00-3:00 PM	ARAL Program			ARAL Program	