|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 時間 | 星期  節次 | | 一 | 二 | 三 | | 四 | 五 |
| 7:20~7:35 |  | | | | | | | |
| 7:35~7:55 |  | | | | | | | |
| 8:00~8:40 |  | |  |  |  |  | |  |
| 8:45~9:25 | 1 | |  |  |  | |  |  |
| 9:35~10:15 | 2 | |  |  |  | |  |  |
| 10:15~10:30 | 課 間 活 動 | | | | | | | |
| 10:30~11:10 | 3 | |  |  |  | |  |  |
| 11:20:12:00 | 4 | |  |  |  | |  |  |
| 12:00~12:40 | 午餐刷牙時間 | | | | | | | |
| 12:40~13:20 | 午間靜息 | | | | | | | |
| 13:30~14:10 | 5 | |  |  |  | |  |  |
| 14:20~15:00 | 6 | |  |  |  | |  |  |
| 15:10~15:50 | 7 | |  |  |  | |  |  |
| 16:00~16:40 | 8 | |  |  |  | |  |  |
| 16:40~ |  |  | |  |  | |  |  |

臺南市公(私)立○○區○○國民中(小)學109學年度全校一週作息時間表

◎每節上課時間國民小學40分鐘，國民中學 45 分鐘。但各校得視課程實施及學生學習進度之需求，經學校課程發展委員會通過後，彈性調節每節分鐘數與年級、班級之組合。

PS:本表時間僅供參考，請依學校實際狀況修正