

Grade 1 and Grade 2

Morning Shift (8:45 am -12:15 pm) = 3 hours 30 minutes (3:00 learning hours + 15 minutes break + 15 minutes welcoming)

Lesson Time	Contact hour per day (min.)	Sunday	Monday	Tuesday	Wednesday	Thursday
Welcoming time (8:45 -09:00)	15	National Anthem, Physical exercise				
Period 1 (9:00 – 9:40)	40	Myanmar - Lang	Myanmar- Lang	Myanmar- Lang	Myanmar- Lit.	Myanmar- Lit.
Period 2 (9:40- 10:20)	40	English	English	English	English	English
10:20- 10:35	15	Health Break				
Period 3 (10:35- 11:15)	40	Math	Math	Math	Math	Math
Period 4 (11:15 – 11:45)	30	English	Science	Myanmar- Lang	Science	Myanmar (Story)
Period 5 (11:45 – 12:15)	30	Life skills	Social studies	Social studies	Life skills	Art & Craft

Afternoon Shift: (12: 25 pm- 4:15 pm) = 3 hours 50 minutes (2: 55 learning hours + 40 minutes Lunch + 15 minutes welcoming)

Lesson Time	Contact hour per day (min.)	Sunday	Monday	Tuesday	Wednesday	Thursday
Welcoming time (12:25: -12:40)	15	National Anthem, Physical exercise				
Period 1 (12:40 – 1:15)	35	English	English	English	English	English
1:15- 1:55	40	Lunch Break				
Period 2 (1:55: - 2:35)	40	Myanmar - Lang	Myanmar- Lang	Myanmar- Lang	Myanmar- Lit.	Myanmar- Lit.
Period 3 (2:35- 3:15)	40	Math	Math	Math	Math	Math
Period 4 (3:15– 3:45)	30	English	Science	Myanmar- Lang	Science	Myanmar (Story)
Period 5 (3:45 – 4:15)	30	Life skills	Social studies	Social studies	Life skills	Art & Craft

Grades 3, 4, and Grade 5

Morning Shift (8:45 am -12:15 pm) = 3 hours 30 minutes (3:00 learning hours + 15 minutes break + 15 minutes welcoming)

Lesson Time	Contact hour per day (min.)	Sunday	Monday	Tuesday	Wednesday	Thursday
Welcoming time (8:45 -09:00)	15	National Anthem, Physical exercise				
Period 1 (9:00 – 9:40)	40	Myanmar - Lang	Myanmar- Lang	Myanmar- Lang	Myanmar- Lit.	Myanmar- Lit.
Period 2 (9:40- 10:20)	40	English	English	English	English	English
10:20- 10:35	15	Health Break				
Period 3 (10:35- 11:15)	40	Math	Math	Math	Math	Math
Period 4 (11:15 – 11:45)	30	English	Science	Myanmar- Lang	Science	Myanmar (Story)
Period 5 (11:45 – 12:15)	30	Math	Social studies	Social studies	Life skills	Art & Craft

Afternoon Shift: (12: 25 pm- 4:15 pm) = 3 hours 50 minutes (2: 55 learning hours + 40 minutes Lunch + 15 minutes welcoming)

Lesson Time	Contact hour per day (min.)	Sunday	Monday	Tuesday	Wednesday	Thursday
Welcoming time (12: 25: -12:40)	15	National Anthem, Physical exercise				
Period 1 (12:40 – 1:15)	35	English	English	English	English	English
1:15- 1:55	40	Lunch Break				
Period 2 (1:55: - 2:35)	40	Myanmar- Lang	Myanmar- Lang	Myanmar- Lang	Myanmar- Lit.	Myanmar- Lit.
Period 3 (2:35- 3:15)	40	Math	Math	Math	Math	Math
Period 4 (3:15– 3:45)	30	English	Science	Myanmar- Lang	Science	Myanmar (Story)
Period 5 (3:45 – 4:15)	30	Math	Social studies	Social studies	Life skills	Art & Craft