**作 息 时 间 2017.10**

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| **午别** | **项目** | **起迄时间** | **备注** |
| **上**  **午** | **第一节** | **8:00-8:40** |  |
| **眼保健操** | **8:50-8:55** |  |
| **第二节** | **8:55-9:35** |  |
| **大课间** | **9:35-10:05** |  |
| **晨会** | **10:05-10:15** |  |
| **第三节** | **10:25-11:05** |  |
|  | | | |
| **下**  **午** | **第四节** | **12:40-1:25** | **含眼操** |
| **第五节** | **1:35-2:15** |  |
| **课间操** | **2:15-2:25** |  |
| **写字、体活** | **2:25-2:45** |  |
| **第六节** | **2:55-3:35** |  |