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|  **РЕЖИМ УЧЕБНЫХ ЗАНЯТИЙ**

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| **Начало** | **Режимное мероприятие** | **Окончание** |
| **8-30** | 1-ый урок | **9-15** |
| **9-15** | 1-ая перемена | **9-25** |
| **9-25** | 2-ой урок | **10-10** |
| **10-10** | 2-ая перемена  | **10-20** |
| **10-20** | 3-ий урок | **11-05** |
| **11-05** | 3-я перемена (организация питания) | **11-35** |
| **11-35** | 4-ый урок | **12-20** |
| **12-20** | 4-ая перемена | **12-30** |
| **12-30** | 5-ый урок | **13-15** |
| **13-15** | 5-ая перемена | **13-25** |
| **13-25** | 6-ой урок | **14-10** |

**Установить распорядок дня:****1. 7.00 \_\_\_\_\_\_\_\_\_подъём****2. 7.10-8.00 \_\_\_\_\_\_завтрак****3. 8.00-8.25 \_\_\_\_\_\_зарядка,информационная линейка****4. 8.30 -14.10 \_\_\_\_\_\_\_\_\_учебные занятия****5. 14.00 -15.00 \_\_\_\_\_\_\_обед****6. 15.00-16.00\_\_\_\_\_\_\_\_час здоровья** **7. 16.00 -19.00\_\_\_\_\_\_\_самоподготовка****8. 19.00 -20.00\_\_\_\_\_\_\_\_свободное время****9. 20.00-21.00 \_\_\_\_\_\_\_\_\_\_просмотр телепередач****10. 21.00 \_\_\_\_\_\_\_\_\_\_ отбой** |

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