**Timeplan – dagsrytme**  2025 - 2026

  1. – 4. trinn:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Måndag | Tysdag | Onsdag | Torsdag | Fredag |
| 1 time | 0815 – 0945 | 0815 – 0945 | 0815 – 0945 | 0815 – 0945 | 0815 – 0945 |
| Friminutt 15 min |  |  |  |  |  |
| 2 time | 1000 – 1100 | 1000 – 1100 | 1000 – 1100 | 1000 – 1100 | 1000 – 1100 |
| Friminutt 45 min |  |  |  |  |  |
| 3 time | 1145 – 1245 | 1145 – 1315 | 1145 – 1315 | 1145 – 1315 | 1145 – 1230 |

  5. – 7. trinn

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Måndag | Tysdag | Onsdag | Torsdag | Fredag |
| 1 time | 0815 – 0945 | 0815 – 0945 | 0815 – 0945 | 0815 – 0945 | 0815 – 0945 |
| Friminutt 15 min |  |  |  |  |  |
| 2 time | 1000 – 1100 | 1000 – 1100 | 1000 – 1100 | 1000 – 1100 | 1000 – 1100 |
| Friminutt 45 min |  |  |  |  |  |
| 3 time | 1145 – 1245 | 1145 – 1300 | 1145 – 1245 | 1145 – 1315 | 1145 – 1245 |
| Friminutt 10 min |  |  |  |  |  |
| 4 time | 1255 - 1355 |  | 1255 – 1355 |  | 1255 – 1355 |

  8. trinn:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Måndag | Tysdag | Onsdag | Torsdag | Fredag |
| 1 time | 0815 – 0945 | 0815 – 0945 | 0815 – 0945 | 0815 – 0945 | 0815 – 0945 |
| Friminutt 15 min |  |  |  |  |  |
| 2 time | 1000 – 1100 | 1000 – 1100 | 1000 – 1100 | 1000 – 1100 | 1000 – 1100 |
| Friminutt 45 min |  |  |  |  |  |
| 3 time | 1145 – 1245 | 1145 – 1315 | 1145 – 1245 | 1145 – 1315 | 1145 – 1245 |
| Friminutt 10 min |  |  |  |  |  |
| 4 time | 1255 - 1425 |  | 1255 – 1355 |  | 1255 – 1355 |
| Friminutt 10 min |  |  |  |  |  |
| 5 time |  |  | 1405 - 1505 |  |  |

Ny dagsrytme 9. trinn:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Måndag | Tysdag | Onsdag | Torsdag | Fredag |
| 1 time | 0815 – 0945 | 0815 – 0930 | 0815 – 0945 | 0815 – 0930 | 0815 – 0945 |
| Friminutt 15 min |  | NB: |  | NB: |  |
| 2 time | 1000 – 1100 | 0945 – 1100 | 1000 – 1100 | 0945 – 1100 | 1000 – 1100 |
| Friminutt 45 min |  |  |  |  |  |
| 3 time | 1145 – 1245 | 1145 – 1315 | 1145 – 1245 | 1145 – 1315 | 1145 – 1245 |
| Friminutt 10 min |  |  |  |  |  |
| 4 time | 1255 - 1425 |  | 1255 – 1355 |  | 1255 – 1355 |
| Friminutt 10 min |  |  |  |  |  |
| 5 time |  |  | 1405 - 1505 |  |  |

Ny dagsrytme 10. trinn:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Måndag | Tysdag | Onsdag | Torsdag | Fredag |
| 1 time | 0845 – 0945 | 0800 – 0945 | 0815 – 0945 | 0815 – 0945 | 0800 – 0945 |
| Friminutt 15 min |  |  |  |  |  |
| 2 time | 1000 – 1100 | 1000 – 1100 | 1000 – 1100 | 1000 – 1100 | 1000 – 1100 |
| Friminutt 45 min |  |  |  |  |  |
| 3 time | 1145 – 1245 | 1145 – 1315 | 1145 – 1245 | 1145 – 1315 | 1145 – 1245 |
| Friminutt 10 min |  |  |  |  |  |
| 4 time | 1255 - 1425 |  | 1255 – 1355 |  | 1255 – 1355 |
| Friminutt 10 min |  |  |  |  |  |
| 5 time |  |  | 1405 - 1505 |  |  |