



HOLY GRACE EDUCATIONAL COMPLEX

REVISED CLASS TIMETABLES - 2026/2027

TIME	ACTIVITY	DETAIL
8:00-8:15	Daily Worship	Prayer, scripture, songs and reflection
8:20-8:50	Reading, Writing & Maths Enhancement	Daily foundational skills strengthening
8:50-9:00	Preparation Break	Prepare materials and settle for academic work
9:00-10:20	Academic Lessons	Two 40-minute teaching periods
10:20-10:40	Morning Break	Rest, snack and movement
10:40-12:40	Academic Lessons	Three 40-minute teaching periods
12:40-1:20	Lunch	Meal, hydration and supervised break
1:20-2:40	PE on designated days	80-minute practical PE block immediately after lunch
2:40-3:00	PE-day close	Cool-down, hydration, changing and preparation for dismissal

PE coordination: Nursery 1, Nursery 2, KG 1 and KG 2 have PE on Tuesday and Thursday. Basic 1-6 have PE on Wednesday and Friday. PE starts immediately after lunch and runs from 1:20 p.m. to 2:40 p.m., followed by a 20-minute cool-down, hydration and dismissal-preparation period.

Operational note: Where classes share the same play area, teachers should organise separate activity zones or age-appropriate stations so the common PE days remain safe and productive.



HOLY GRACE EDUCATIONAL COMPLEX

NURSERY 1 - WEEKLY CLASS TIMETABLE

PE DAYS: Tuesday & Thursday | PE immediately after lunch: 1:20-2:40 p.m.
Daily Worship 8:00-8:15 | Reading, Writing & Maths Enhancement 8:20-8:50 | Preparation Break 8:50-9:00

Day	9:00-9:40	9:40-10:20	10:20-10:40	10:40-11:20	11:20-12:00	12:00-12:40	12:40-1:20	1:20-2:00	2:00-2:40	2:40-3:00
Monday	Numeracy Skills	Literacy Skills	BREAK	Environmental Studies	Writing Skills	Environmental Studies	LUNCH	Literacy Skills	Environmental Studies	Consolidation / Reading
Tuesday	Literacy Skills	Phonics	BREAK	Natural Science Skills	Numeracy Skills	Natural Science Skills	LUNCH	P.E.	P.E.	Cool-down / Hydration
Wednesday	Phonics	Writing Skills	BREAK	Environmental Studies	Literacy Skills	Environmental Studies	LUNCH	Writing Skills	Environmental Studies	Consolidation / Reading
Thursday	Writing Skills	Numeracy Skills	BREAK	Natural Science Skills	Phonics	Natural Science Skills	LUNCH	P.E.	P.E.	Cool-down / Hydration
Friday	Numeracy Skills	Literacy Skills	BREAK	Environmental Studies	Writing Skills	Environmental Studies	LUNCH	Literacy Skills	Environmental Studies	Consolidation / Reading

PE-day structure: 12:40-1:20 Lunch | 1:20-2:40 Physical Education | 2:40-3:00 Cool-down, hydration, changing and preparation for dismissal. This protected block gives pupils sufficient time for warm-up, skills instruction, games and safe recovery.



HOLY GRACE EDUCATIONAL COMPLEX

NURSERY 2 - WEEKLY CLASS TIMETABLE

PE DAYS: Tuesday & Thursday | PE immediately after lunch: 1:20-2:40 p.m.
Daily Worship 8:00-8:15 | Reading, Writing & Maths Enhancement 8:20-8:50 | Preparation Break 8:50-9:00

Day	9:00-9:40	9:40-10:20	10:20-10:40	10:40-11:20	11:20-12:00	12:00-12:40	12:40-1:20	1:20-2:00	2:00-2:40	2:40-3:00
Monday	Numeracy Skills	Literacy Skills	BREAK	Environmental Studies	Writing Skills	Environmental Studies	LUNCH	Literacy Skills	Environmental Studies	Consolidation / Reading
Tuesday	Literacy Skills	Phonics	BREAK	Natural Science Skills	Numeracy Skills	Natural Science Skills	LUNCH	P.E.	P.E.	Cool-down / Hydration
Wednesday	Phonics	Writing Skills	BREAK	Environmental Studies	Literacy Skills	Environmental Studies	LUNCH	Writing Skills	Environmental Studies	Consolidation / Reading
Thursday	Writing Skills	Numeracy Skills	BREAK	Natural Science Skills	Phonics	Natural Science Skills	LUNCH	P.E.	P.E.	Cool-down / Hydration
Friday	Numeracy Skills	Literacy Skills	BREAK	Environmental Studies	Writing Skills	Environmental Studies	LUNCH	Literacy Skills	Environmental Studies	Consolidation / Reading

PE-day structure: 12:40-1:20 Lunch | 1:20-2:40 Physical Education | 2:40-3:00 Cool-down, hydration, changing and preparation for dismissal. This protected block gives pupils sufficient time for warm-up, skills instruction, games and safe recovery.



HOLY GRACE EDUCATIONAL COMPLEX

KG 1 - WEEKLY CLASS TIMETABLE

PE DAYS: Tuesday & Thursday | PE immediately after lunch: 1:20-2:40 p.m.
Daily Worship 8:00-8:15 | Reading, Writing & Maths Enhancement 8:20-8:50 | Preparation Break 8:50-9:00

Day	9:00-9:40	9:40-10:20	10:20-10:40	10:40-11:20	11:20-12:00	12:00-12:40	12:40-1:20	1:20-2:00	2:00-2:40	2:40-3:00
Monday	Numeracy Skills	Literacy Skills	BREAK	English Reading & Comprehension	Writing Skills	OWOP	LUNCH	Literacy Skills	Natural Science Skills	Consolidation / Reading
Tuesday	Literacy Skills	Phonics	BREAK	Creative Art	Numeracy Skills	Environmental Studies	LUNCH	P.E.	P.E.	Cool-down / Hydration
Wednesday	Phonics	Writing Skills	BREAK	OWOP	Literacy Skills	Natural Science Skills	LUNCH	Writing Skills	Creative Art	Consolidation / Reading
Thursday	Writing Skills	Numeracy Skills	BREAK	Environmental Studies	Phonics	English Reading & Comprehension	LUNCH	P.E.	P.E.	Cool-down / Hydration
Friday	Numeracy Skills	Literacy Skills	BREAK	Natural Science Skills	Writing Skills	Creative Art	LUNCH	Literacy Skills	Environmental Studies	Consolidation / Reading

PE-day structure: 12:40-1:20 Lunch | 1:20-2:40 Physical Education | 2:40-3:00 Cool-down, hydration, changing and preparation for dismissal. This protected block gives pupils sufficient time for warm-up, skills instruction, games and safe recovery.



HOLY GRACE EDUCATIONAL COMPLEX

KG 2 - WEEKLY CLASS TIMETABLE

PE DAYS: Tuesday & Thursday | PE immediately after lunch: 1:20-2:40 p.m.
Daily Worship 8:00-8:15 | Reading, Writing & Maths Enhancement 8:20-8:50 | Preparation Break 8:50-9:00

Day	9:00-9:40	9:40-10:20	10:20-10:40	10:40-11:20	11:20-12:00	12:00-12:40	12:40-1:20	1:20-2:00	2:00-2:40	2:40-3:00
Monday	Numeracy Skills	Literacy Skills	BREAK	English Reading & Comprehension	Writing Skills	OWOP	LUNCH	Literacy Skills	Natural Science Skills	Consolidation / Reading
Tuesday	Literacy Skills	Phonics	BREAK	Creative Art	Numeracy Skills	Environmental Studies	LUNCH	P.E.	P.E.	Cool-down / Hydration
Wednesday	Phonics	Writing Skills	BREAK	OWOP	Literacy Skills	Natural Science Skills	LUNCH	Writing Skills	Creative Art	Consolidation / Reading
Thursday	Writing Skills	Numeracy Skills	BREAK	Environmental Studies	Phonics	English Reading & Comprehension	LUNCH	P.E.	P.E.	Cool-down / Hydration
Friday	Numeracy Skills	Literacy Skills	BREAK	Natural Science Skills	Writing Skills	Creative Art	LUNCH	Literacy Skills	Environmental Studies	Consolidation / Reading

PE-day structure: 12:40-1:20 Lunch | 1:20-2:40 Physical Education | 2:40-3:00 Cool-down, hydration, changing and preparation for dismissal. This protected block gives pupils sufficient time for warm-up, skills instruction, games and safe recovery.



HOLY GRACE EDUCATIONAL COMPLEX

BASIC 1 - WEEKLY CLASS TIMETABLE

PE DAYS: Wednesday & Friday | PE immediately after lunch: 1:20-2:40 p.m.
Daily Worship 8:00-8:15 | Reading, Writing & Maths Enhancement 8:20-8:50 | Preparation Break 8:50-9:00

Day	9:00-9:40	9:40-10:20	10:20-10:40	10:40-11:20	11:20-12:00	12:00-12:40	12:40-1:20	1:20-2:00	2:00-2:40	2:40-3:00
Monday	Mathematics	English Language	BREAK	Creative Art	Mathematics	Computing	LUNCH	Writing Skills	Science	Consolidation / Reading
Tuesday	English Language	Writing Skills	BREAK	R.M.E	English Language	Twi	LUNCH	Mathematics	History	Consolidation / Reading
Wednesday	Writing Skills	Mathematics	BREAK	Computing	Writing Skills	Science	LUNCH	P.E.	P.E.	Cool-down / Hydration
Thursday	Mathematics	English Language	BREAK	Twi	Mathematics	History	LUNCH	Writing Skills	R.M.E	Consolidation / Reading
Friday	English Language	Writing Skills	BREAK	Science	English Language	Creative Art	LUNCH	P.E.	P.E.	Cool-down / Hydration

PE-day structure: 12:40-1:20 Lunch | 1:20-2:40 Physical Education | 2:40-3:00 Cool-down, hydration, changing and preparation for dismissal. This protected block gives pupils sufficient time for warm-up, skills instruction, games and safe recovery.



HOLY GRACE EDUCATIONAL COMPLEX

BASIC 2 - WEEKLY CLASS TIMETABLE

PE DAYS: Wednesday & Friday | PE immediately after lunch: 1:20-2:40 p.m.
 Daily Worship 8:00-8:15 | Reading, Writing & Maths Enhancement 8:20-8:50 | Preparation Break 8:50-9:00

Day	9:00-9:40	9:40-10:20	10:20-10:40	10:40-11:20	11:20-12:00	12:00-12:40	12:40-1:20	1:20-2:00	2:00-2:40	2:40-3:00
Monday	Mathematics	English Language	BREAK	Creative Art	Mathematics	Computing	LUNCH	Writing Skills	Science	Consolidation / Reading
Tuesday	English Language	Writing Skills	BREAK	R.M.E	English Language	Twi	LUNCH	Mathematics	History	Consolidation / Reading
Wednesday	Writing Skills	Mathematics	BREAK	Computing	Writing Skills	Science	LUNCH	P.E.	P.E.	Cool-down / Hydration
Thursday	Mathematics	English Language	BREAK	Twi	Mathematics	History	LUNCH	Writing Skills	R.M.E	Consolidation / Reading
Friday	English Language	Writing Skills	BREAK	Science	English Language	Creative Art	LUNCH	P.E.	P.E.	Cool-down / Hydration

PE-day structure: 12:40-1:20 Lunch | 1:20-2:40 Physical Education | 2:40-3:00 Cool-down, hydration, changing and preparation for dismissal. This protected block gives pupils sufficient time for warm-up, skills instruction, games and safe recovery.



HOLY GRACE EDUCATIONAL COMPLEX

BASIC 3 - WEEKLY CLASS TIMETABLE

PE DAYS: Wednesday & Friday | PE immediately after lunch: 1:20-2:40 p.m.
Daily Worship 8:00-8:15 | Reading, Writing & Maths Enhancement 8:20-8:50 | Preparation Break 8:50-9:00

Day	9:00-9:40	9:40-10:20	10:20-10:40	10:40-11:20	11:20-12:00	12:00-12:40	12:40-1:20	1:20-2:00	2:00-2:40	2:40-3:00
Monday	Mathematics	English Language	BREAK	Computing	Mathematics	R.M.E	LUNCH	Writing Skills	Science	Consolidation / Reading
Tuesday	English Language	Writing Skills	BREAK	Creative Art	English Language	Twi	LUNCH	Mathematics	History	Consolidation / Reading
Wednesday	Writing Skills	Mathematics	BREAK	R.M.E	Writing Skills	Science	LUNCH	P.E.	P.E.	Cool-down / Hydration
Thursday	Mathematics	English Language	BREAK	Twi	Mathematics	History	LUNCH	Writing Skills	Creative Art	Consolidation / Reading
Friday	English Language	Writing Skills	BREAK	Science	English Language	Computing	LUNCH	P.E.	P.E.	Cool-down / Hydration

PE-day structure: 12:40-1:20 Lunch | 1:20-2:40 Physical Education | 2:40-3:00 Cool-down, hydration, changing and preparation for dismissal. This protected block gives pupils sufficient time for warm-up, skills instruction, games and safe recovery.



HOLY GRACE EDUCATIONAL COMPLEX

BASIC 4 - WEEKLY CLASS TIMETABLE

PE DAYS: Wednesday & Friday | PE immediately after lunch: 1:20-2:40 p.m.
Daily Worship 8:00-8:15 | Reading, Writing & Maths Enhancement 8:20-8:50 | Preparation Break 8:50-9:00

Day	9:00-9:40	9:40-10:20	10:20-10:40	10:40-11:20	11:20-12:00	12:00-12:40	12:40-1:20	1:20-2:00	2:00-2:40	2:40-3:00
Monday	Mathematics	English Language	BREAK	Creative Art	Mathematics	R.M.E	LUNCH	Writing Skills	Science	Consolidation / Reading
Tuesday	English Language	Writing Skills	BREAK	Computing	English Language	Twi	LUNCH	Mathematics	History	Consolidation / Reading
Wednesday	Writing Skills	Mathematics	BREAK	R.M.E	Writing Skills	Science	LUNCH	P.E.	P.E.	Cool-down / Hydration
Thursday	Mathematics	English Language	BREAK	Twi	Mathematics	History	LUNCH	Writing Skills	Computing	Consolidation / Reading
Friday	English Language	Writing Skills	BREAK	Science	English Language	Creative Art	LUNCH	P.E.	P.E.	Cool-down / Hydration

PE-day structure: 12:40-1:20 Lunch | 1:20-2:40 Physical Education | 2:40-3:00 Cool-down, hydration, changing and preparation for dismissal. This protected block gives pupils sufficient time for warm-up, skills instruction, games and safe recovery.



HOLY GRACE EDUCATIONAL COMPLEX

BASIC 5 - WEEKLY CLASS TIMETABLE

PE DAYS: Wednesday & Friday | PE immediately after lunch: 1:20-2:40 p.m.
Daily Worship 8:00-8:15 | Reading, Writing & Maths Enhancement 8:20-8:50 | Preparation Break 8:50-9:00

Day	9:00-9:40	9:40-10:20	10:20-10:40	10:40-11:20	11:20-12:00	12:00-12:40	12:40-1:20	1:20-2:00	2:00-2:40	2:40-3:00
Monday	Mathematics	English Language	BREAK	Creative Art	Mathematics	R.M.E	LUNCH	Writing Skills	Science	Consolidation / Reading
Tuesday	English Language	Writing Skills	BREAK	Computing	English Language	Twi	LUNCH	Mathematics	History	Consolidation / Reading
Wednesday	Writing Skills	Mathematics	BREAK	R.M.E	Writing Skills	Science	LUNCH	P.E.	P.E.	Cool-down / Hydration
Thursday	Mathematics	English Language	BREAK	Twi	Mathematics	History	LUNCH	Writing Skills	Computing	Consolidation / Reading
Friday	English Language	Writing Skills	BREAK	Science	English Language	Creative Art	LUNCH	P.E.	P.E.	Cool-down / Hydration

PE-day structure: 12:40-1:20 Lunch | 1:20-2:40 Physical Education | 2:40-3:00 Cool-down, hydration, changing and preparation for dismissal. This protected block gives pupils sufficient time for warm-up, skills instruction, games and safe recovery.



HOLY GRACE EDUCATIONAL COMPLEX

BASIC 6 - WEEKLY CLASS TIMETABLE

PE DAYS: Wednesday & Friday | PE immediately after lunch: 1:20-2:40 p.m.
Daily Worship 8:00-8:15 | Reading, Writing & Maths Enhancement 8:20-8:50 | Preparation Break 8:50-9:00

Day	9:00-9:40	9:40-10:20	10:20-10:40	10:40-11:20	11:20-12:00	12:00-12:40	12:40-1:20	1:20-2:00	2:00-2:40	2:40-3:00
Monday	Mathematics	English Language	BREAK	Creative Art	Mathematics	R.M.E	LUNCH	Writing Skills	Science	Consolidation / Reading
Tuesday	English Language	Writing Skills	BREAK	Computing	English Language	Twi	LUNCH	Mathematics	History	Consolidation / Reading
Wednesday	Writing Skills	Mathematics	BREAK	R.M.E	Writing Skills	Science	LUNCH	P.E.	P.E.	Cool-down / Hydration
Thursday	Mathematics	English Language	BREAK	Twi	Mathematics	History	LUNCH	Writing Skills	Computing	Consolidation / Reading
Friday	English Language	Writing Skills	BREAK	Science	English Language	Creative Art	LUNCH	P.E.	P.E.	Cool-down / Hydration

PE-day structure: 12:40-1:20 Lunch | 1:20-2:40 Physical Education | 2:40-3:00 Cool-down, hydration, changing and preparation for dismissal. This protected block gives pupils sufficient time for warm-up, skills instruction, games and safe recovery.