

令和8年度 週計画 第4週 4月20日(月)～4月26日(日)【教室掲示用】

| | 4月20日(月) | | | 4月21日(火) | | | 4月22日(水) | | | 4月23日(木) | | | 4月24日(金) | | 4月25日(土) |
|-----|----------------|--|----------------|----------------|--|----------------------------|----------------|--|----------------|----------------------------|----------------|----------------|--|-----------|----------|
| 読書 | 8:15～8:25 | | 8:20～8:30 | 8:15～8:25 | | 8:20～8:30 | 8:15～8:25 | | 8:20～8:30 | 8:15～8:25 ※中2なし | | 8:20～8:30 | — | — | 学校開放(高3) |
| SHR | 8:25～8:35 | | 8:30～8:35 | 8:25～8:35 | | 8:30～8:35 | 8:25～8:35 | | 8:30～8:35 | 8:25～8:35 ※中2 8:15～8:25 | | 8:30～8:35 | 8:20～8:30 | 8:20～8:30 | |
| 学年 | 中学 | | 高1 高2・3 | 中学 | | 高1 高2・3 | 中学 | | 高1 高2・3 | 中1 中2 中3 | 高1・2 高3 | 中学 高校 | | | |
| 1 | 8:40 体育祭練習 | | 8:40 | 8:40 体育祭練習 | | 8:40 高1、職員 心電図 X線 | 8:40 | | 8:40 | 8:40 | 8:40 | 8:40 | 8:30～8:40 移動・整列・点呼 8:40～8:50 日程説明・諸注意 8:50 | | |
| 2 | 9:25 体育祭練習 | | 9:25 | 9:25 体育祭練習 | | 9:25 | 9:25 | | 9:25 | 9:25 | 9:25 | 9:25 | 種目別説明 走順 コース確認 【第1体】 | | |
| 3 | 9:35 体育祭練習 | | 9:35 | 9:35 体育祭練習 | | 9:35 | 9:35 | | 9:35 | 9:35 | 9:35 | 9:35 | 総合練習 日程説明・諸注意 種目説明および予行 (解散後、係打ち合わせ) | | |
| 4 | 10:20 10:30 | | 10:20 10:30 | 10:20 10:30 | | 10:20 10:30 | 10:20 10:30 | | 10:20 10:30 | 10:20 10:30 | 10:10 10:30 | 10:20 10:30 | | | |
| 5 | 11:15 11:25 | | 11:15 11:25 | 11:15 11:25 | | 11:15 11:25 | 11:15 11:25 | | 11:15 11:25 | 11:15 11:25 | 11:15 11:25 | 11:15 11:25 | | | |
| 6 | 12:10 | | 12:10 | 12:10 | | 12:10 | 12:10 | | 12:10 | 12:10 | 12:10 | 12:10 | | | |
| 7 | 12:55 | | 12:55 | 12:55 | | 12:55 | 12:55 | | 12:55 | 12:55 | 12:55 | 12:55 | | | |
| 8 | 13:40 | | 13:40 | 13:40 | | 13:40 | 13:40 | | 13:40 | 13:40 | 13:40 | 13:40 | | | |
| 9 | 13:50 | | 13:50 | 13:50 | | 13:50 | 13:50 | | 13:50 | 13:50 | 13:50 | 13:50 | | | |
| 10 | 14:35 | | 14:35 | 14:35 | | 14:35 | 14:35 | | 14:35 | 14:35 | 14:35 | 14:35 | | | |
| 11 | 14:50 | | 14:50 | 14:50 | | 14:50 | 14:50 | | 14:50 | 14:50 | 14:50 | 14:50 | | | |
| 12 | 15:15 | | 15:15 | 15:15 | | 15:15 | 15:15 | | 15:15 | 15:15 | 15:15 | 15:15 | | | |
| 13 | 15:25 | | 15:25 | 15:25 | | 15:25 | 15:25 | | 15:25 | 15:25 | 15:25 | 15:25 | | | |
| 14 | 15:40 | | 15:40 | 15:40 | | 15:40 | 15:40 | | 15:40 | 15:40 | 15:40 | 15:40 | | | |
| 15 | 15:50 | | 15:50 | 15:50 | | 15:50 | 15:50 | | 15:50 | 15:50 | 15:50 | 15:50 | | | |
| 16 | 16:00 | | 16:00 | 16:00 | | 16:00 | 16:00 | | 16:00 | 16:00 | 16:00 | 16:00 | | | |
| 17 | 16:10 | | 16:10 | 16:10 | | 16:10 | 16:10 | | 16:10 | 16:10 | 16:10 | 16:10 | | | |
| 18 | 16:20 | | 16:20 | 16:20 | | 16:20 | 16:20 | | 16:20 | 16:20 | 16:20 | 16:20 | | | |
| 19 | 16:30 | | 16:30 | 16:30 | | 16:30 | 16:30 | | 16:30 | 16:30 | 16:30 | 16:30 | | | |
| 20 | 16:40 | | 16:40 | 16:40 | | 16:40 | 16:40 | | 16:40 | 16:40 | 16:40 | 16:40 | | | |
| 21 | 16:50 | | 16:50 | 16:50 | | 16:50 | 16:50 | | 16:50 | 16:50 | 16:50 | 16:50 | | | |
| 22 | 17:00 | | 17:00 | 17:00 | | 17:00 | 17:00 | | 17:00 | 17:00 | 17:00 | 17:00 | | | |
| 23 | 17:10 | | 17:10 | 17:10 | | 17:10 | 17:10 | | 17:10 | 17:10 | 17:10 | 17:10 | | | |
| 24 | 17:20 | | 17:20 | 17:20 | | 17:20 | 17:20 | | 17:20 | 17:20 | 17:20 | 17:20 | | | |
| 25 | 17:30 | | 17:30 | 17:30 | | 17:30 | 17:30 | | 17:30 | 17:30 | 17:30 | 17:30 | | | |
| 26 | 17:40 | | 17:40 | 17:40 | | 17:40 | 17:40 | | 17:40 | 17:40 | 17:40 | 17:40 | | | |
| 27 | 17:50 | | 17:50 | 17:50 | | 17:50 | 17:50 | | 17:50 | 17:50 | 17:50 | 17:50 | | | |
| 28 | 18:00 | | 18:00 | 18:00 | | 18:00 | 18:00 | | 18:00 | 18:00 | 18:00 | 18:00 | | | |
| 29 | 18:10 | | 18:10 | 18:10 | | 18:10 | 18:10 | | 18:10 | 18:10 | 18:10 | 18:10 | | | |
| 30 | 18:20 | | 18:20 | 18:20 | | 18:20 | 18:20 | | 18:20 | 18:20 | 18:20 | 18:20 | | | |
| 31 | 18:30 | | 18:30 | 18:30 | | 18:30 | 18:30 | | 18:30 | 18:30 | 18:30 | 18:30 | | | |
| 32 | 18:40 | | 18:40 | 18:40 | | 18:40 | 18:40 | | 18:40 | 18:40 | 18:40 | 18:40 | | | |
| 33 | 18:50 | | 18:50 | 18:50 | | 18:50 | 18:50 | | 18:50 | 18:50 | 18:50 | 18:50 | | | |
| 34 | 19:00 | | 19:00 | 19:00 | | 19:00 | 19:00 | | 19:00 | 19:00 | 19:00 | 19:00 | | | |
| 35 | 19:10 | | 19:10 | 19:10 | | 19:10 | 19:10 | | 19:10 | 19:10 | 19:10 | 19:10 | | | |
| 36 | 19:20 | | 19:20 | 19:20 | | 19:20 | 19:20 | | 19:20 | 19:20 | 19:20 | 19:20 | | | |
| 37 | 19:30 | | 19:30 | 19:30 | | 19:30 | 19:30 | | 19:30 | 19:30 | 19:30 | 19:30 | | | |
| 38 | 19:40 | | 19:40 | 19:40 | | 19:40 | 19:40 | | 19:40 | 19:40 | 19:40 | 19:40 | | | |
| 39 | 19:50 | | 19:50 | 19:50 | | 19:50 | 19:50 | | 19:50 | 19:50 | 19:50 | 19:50 | | | |
| 40 | 20:00 | | 20:00 | 20:00 | | 20:00 | 20:00 | | 20:00 | 20:00 | 20:00 | 20:00 | | | |
| 41 | 20:10 | | 20:10 | 20:10 | | 20:10 | 20:10 | | 20:10 | 20:10 | 20:10 | 20:10 | | | |
| 42 | 20:20 | | 20:20 | 20:20 | | 20:20 | 20:20 | | 20:20 | 20:20 | 20:20 | 20:20 | | | |
| 43 | 20:30 | | 20:30 | 20:30 | | 20:30 | 20:30 | | 20:30 | 20:30 | 20:30 | 20:30 | | | |
| 44 | 20:40 | | 20:40 | 20:40 | | 20:40 | 20:40 | | 20:40 | 20:40 | 20:40 | 20:40 | | | |
| 45 | 20:50 | | 20:50 | 20:50 | | 20:50 | 20:50 | | 20:50 | 20:50 | 20:50 | 20:50 | | | |
| 46 | 21:00 | | 21:00 | 21:00 | | 21:00 | 21:00 | | 21:00 | 21:00 | 21:00 | 21:00 | | | |
| 47 | 21:10 | | 21:10 | 21:10 | | 21:10 | 21:10 | | 21:10 | 21:10 | 21:10 | 21:10 | | | |
| 48 | 21:20 | | 21:20 | 21:20 | | 21:20 | 21:20 | | 21:20 | 21:20 | 21:20 | 21:20 | | | |
| 49 | 21:30 | | 21:30 | 21:30 | | 21:30 | 21:30 | | 21:30 | 21:30 | 21:30 | 21:30 | | | |
| 50 | 21:40 | | 21:40 | 21:40 | | 21:40 | 21:40 | | 21:40 | 21:40 | 21:40 | 21:40 | | | |
| 51 | 21:50 | | 21:50 | 21:50 | | 21:50 | 21:50 | | 21:50 | 21:50 | 21:50 | 21:50 | | | |
| 52 | 22:00 | | 22:00 | 22:00 | | 22:00 | 22:00 | | 22:00 | 22:00 | 22:00 | 22:00 | | | |
| 53 | 22:10 | | 22:10 | 22:10 | | 22:10 | 22:10 | | 22:10 | 22:10 | 22:10 | 22:10 | | | |
| 54 | 22:20 | | 22:20 | 22:20 | | 22:20 | 22:20 | | 22:20 | 22:20 | 22:20 | 22:20 | | | |
| 55 | 22:30 | | 22:30 | 22:30 | | 22:30 | 22:30 | | 22:30 | 22:30 | 22:30 | 22:30 | | | |
| 56 | 22:40 | | 22:40 | 22:40 | | 22:40 | 22:40 | | 22:40 | 22:40 | 22:40 | 22:40 | | | |
| 57 | 22:50 | | 22:50 | 22:50 | | 22:50 | 22:50 | | 22:50 | 22:50 | 22:50 | 22:50 | | | |
| 58 | 23:00 | | 23:00 | 23:00 | | 23:00 | 23:00 | | 23:00 | 23:00 | 23:00 | 23:00 | | | |
| 59 | 23:10 | | 23:10 | 23:10 | | 23:10 | 23:10 | | 23:10 | 23:10 | 23:10 | 23:10 | | | |
| 60 | 23:20 | | 23:20 | 23:20 | | 23:20 | 23:20 | | 23:20 | 23:20 | 23:20 | 23:20 | | | |
| 61 | 23:30 | | 23:30 | 23:30 | | 23:30 | 23:30 | | 23:30 | 23:30 | 23:30 | 23:30 | | | |
| 62 | 23:40 | | 23:40 | 23:40 | | 23:40 | 23:40 | | 23:40 | 23:40 | 23:40 | 23:40 | | | |
| 63 | 23:50 | | 23:50 | 23:50 | | 23:50 | 23:50 | | 23:50 | 23:50 | 23:50 | 23:50 | | | |
| 64 | 00:00 | | 00:00 | 00:00 | | 00:00 | 00:00 | | 00:00 | 00:00 | 00:00 | 00:00 | | | |
| 65 | 00:10 | | 00:10 | 00:10 | | 00:10 | 00:10 | | 00:10 | 00:10 | 00:10 | 00:10 | | | |
| 66 | 00:20 | | 00:20 | 00:20 | | 00:20 | 00:20 | | 00:20 | 00:20 | 00:20 | 00:20 | | | |
| 67 | 00:30 | | 00:30 | 00:30 | | 00:30 | 00:30 | | 00:30 | 00:30 | 00:30 | 00:30 | | | |
| 68 | 00:40 | | 00:40 | 00:40 | | 00:40 | 00:40 | | 00:40 | 00:40 | 00:40 | 00:40 | | | |
| 69 | 00:50 | | 00:50 | 00:50 | | 00:50 | 00:50 | | 00:50 | 00:50 | 00:50 | 00:50 | | | |
| 70 | 01:00 | | 01:00 | 01:00 | | 01:00 | 01:00 | | 01:00 | 01:00 | 01:00 | 01:00 | | | |
| 71 | 01:10 | | 01:10 | 01:10 | | 01:10 | 01:10 | | 01:10 | 01:10 | 01:10 | 01:10 | | | |
| 72 | 01:20 | | 01:20 | 01:20 | | 01:20 | 01:20 | | 01:20 | 01:20 | 01:20 | 01:20 | | | |
| 73 | 01:30 | | 01:30 | 01:30 | | 01:30 | 01:30 | | 01:30 | 01:30 | 01:30 | 01:30 | | | |
| 74 | 01:40 | | 01:40 | 01:40 | | 01:40 | 01:40 | | 01:40 | 01:40 | 01:40 | 01:40 | | | |
| 75 | 01:50 | | 01:50 | 01:50 | | 01:50 | 01:50 | | 01:50 | 01:50 | 01:50 | 01:50 | | | |
| 76 | 02:00 | | 02:00 | 02:00 | | 02:00 | 02:00 | | 02:00 | 02:00 | 02:00 | 02:00 | | | |
| 77 | 02:10 | | 02:10 | 02:10 | | 02:10 | 02:10 | | 02:10 | 02:10 | 02:10 | 02:10 | | | |
| 78 | 02:20 | | 02:20 | 02:20 | | 02:20 | 02:20 | | 02:20 | 02:20 | 02:20 | 02:20 | | | |
| 79 | 02:30 | | 02:30 | 02:30 | | 02:30 | 02:30 | | 02:30 | 02:30 | 02:30 | 02:30 | | | |
| 80 | 02:40 | | 02:40 | 02:40 | | 02:40 | 02:40 | | 02:40 | 02:40 | 02:40 | 02:40 | | | |
| 81 | 02:50 | | 02:50 | 02:50 | | 02:50 | 02:50 | | 02:50 | 02:50 | 02:50 | 02:50 | | | |
| 82 | 03:00 | | 03:00 | 03:00 | | 03:00 | 03:00 | | 03:00 | 03:00 | 03:00 | 03:00 | | | |
| 83 | 03:10 | | 03:10 | 03:10 | | 03:10 | 03:10 | | 03:10 | 03:10 | 03:10 | 03:10 | | | |
| 84 | 03:20 | | 03:20 | 03:20 | | 03:20 | 03:20 | | 03:20 | 03:20 | 03:20 | 03:20 | | | |
| 85 | 03:30 | | 03:30 | 03:30 | | 03:30 | 03:30 | | 03:30 | 03:30 | 03:30 | 03:30 | | | |
| 86 | 03:40 | | 03:40 | 03:40 | | 03:40 | 03:40 | | 03:40 | 03:40 | 03:40 | 03:40 | | | |
| 87 | 03:50 | | 03:50 | 03:50 | | 03:50 | 03:50 | | 03:50 | 03:50 | 03:50 | 03:50 | | | |
| 88 | 04: | | | | | | | | | | | | | | |