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| Kunst- und Sportklasse **Wochenstrukturplan** |

1. **Kandidat/in**

|  |  |
| --- | --- |
| Name: |       Vorname:       |
| Adresse: |       PLZ/Ort:       |

1. **Wochenstrukturplan**

Bitte vorgesehene Trainingszeiten eintragen.

🞎 Unterrichtszeiten

🞎 Trainingszeiten und Wettkämpfe (Übungszeiten)

🞎 Hausaufgaben

🞎 weitere:

🞎 weitere:

🞎 weitere:

So könnte mein Wochenplan in der Kunst- und Sportklasse aussehen:

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Montag** | **Dienstag** | **Mittwoch** | **Donnerstag** | **Freitag** | **Samstag** | **Sonntag** |
| 05:00 – 06:00 |       |       |       |       |       |       |       |
| 06:00 – 07:00 |       |       |       |       |       |       |       |
| 07:00 – 08:00 |       |       |       |       |       |       |       |
| 08:00 – 09:00 |       |       |       |       |       |       |       |
| 09:00 – 10:00 |       |       |       |       |       |       |       |
| 10:00 – 11:00 |       |       |       |       |       |       |       |
| 11:00 – 12:00 |       |       |       |       |       |       |       |
| 12:00 – 13:00 |       |       |       |       |       |       |       |
| 13:00 – 14:00 |       |       |       |       |       |       |       |
| 14:00 – 15:00 |       |       |       |       |       |       |       |
| 15:00 – 16:00 |       |       |       |       |       |       |       |
| 16:00 – 17:00 |       |       |       |       |       |       |       |
| 17:00 – 18:00 |       |       |       |       |       |       |       |
| 18:00 – 19:00 |       |       |       |       |       |       |       |
| 19:00 – 20:00 |       |       |       |       |       |       |       |
| 20:00 – 21:00 |       |       |       |       |       |       |       |
| 21:00 – 22:00 |       |       |       |       |       |       |       |
| 22:00 – 23:00 |       |       |       |       |       |       |       |