

## GRADE 1 FOUNDATION PHASE TIMETABLE - 2023

Premium and Standard subscribers attend Live Lesson sessions

Premium subscribers attend Q&A sessions

**Important:** All times indicated are at South African Standard Time (SAST) and should be adjusted if you are based in another region.

Time Zone GMT + 2	MAANDAG uMvulo MONDAY	DINSDAG uLwesibini TUESDAY	WOENSDAG uLwesithathu WEDNESDAY	DONDERDAG uLwesine THURSDAY	VRYDAG uLwesihlanu FRIDAY
08:00 – 08:30	<b>G1 Afrikaans</b> Live Lesson (45 min)	<b>G1 English</b> Live Lesson (45 min)	<b>G1 Mathematics</b> Live Lesson (45 min)	<b>G1 Life Skills</b> Live Lesson (45 min)	
08:30 – 09:00					
09:00 – 09:30					
09:30 – 10:00					
10:00 – 10:30					
10:30 – 11:00					
11:00 – 11:30		<b>G1 Life Skills Q &amp; A (30 min)</b>			
11:30 – 12:00	<b>G1 Mathematics Q &amp; A (30 min)</b>			<b>G1 English Q &amp; A (30 min)</b>	
12:00 – 12:30					<b>SEL 6-8 Course Q &amp; A (30-45 min)</b>
12:30 – 13:00					
13:00 – 13:30	<b>SEL 6-8 Course Q &amp; A (30-45 min)</b>		<b>G1 Afrikaans Q &amp; A (30 min)</b>		
13:30 – 14:00					
14:00 – 14:30					
14:30 – 15:00					
15:00 – 15:30					