



中班一日生活流程

K2 Daily Routine

8: 00-9: 00	户外自主游戏/早操 Outdoor Play/Morning Exercise
9: 00-9: 30	早点 Morning Snack
9: 30-9: 50	集中时间 Circle Time
9: 50-10: 40	主题相关区域活动 Unit Activities
10: 40-11: 10	户外体育活动 Outdoor Exercise
11: 10-2: 50	生活活动 Lunch/Nap/Getting up/Snack
2: 50-3: 20	社团 Enrichment Class
3:20-3:50	户外体育活动 Outdoor Exercise
3: 50-4: 00	离园准备 Preparing for Leaving
4: 00	离园时间 Leaving Time