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| **<Письмо> Минпросвещения России от 17.12.2021 N 03-2161 О направлении методических рекомендаций (вместе с Основными требованиями и рекомендациями к составлению расписания для обучающихся начального общего образования, Основными требованиями и рекомендациями к составлению расписания для обучающихся основного общего и среднего общего образования)**  **МИНИСТЕРСТВО ПРОСВЕЩЕНИЯ РОССИЙСКОЙ ФЕДЕРАЦИИ**  **ДЕПАРТАМЕНТ ГОСУДАРСТВЕННОЙ ПОЛИТИКИ**  **В СФЕРЕ ОБЩЕГО ОБРАЗОВАНИЯ**  **ПИСЬМО**  **от 17 декабря 2021 г. N 03-2161**  **О НАПРАВЛЕНИИ МЕТОДИЧЕСКИХ РЕКОМЕНДАЦИЙ**  Взамен ранее направленных письмом от 3 декабря 2021 года N 03-2068 методических рекомендаций Департамент государственной политики и управления в сфере общего образования предлагает итоговую версию методических рекомендаций по составлению расписания уроков для обучающихся, осваивающих образовательные программы начального общего, основного общего и среднего общего образования, разработанных федеральным государственным бюджетным научным учреждением "Институт возрастной физиологии Российской академии образования".  И.о. директора Департамента  М.А.КОСТЕНКО    Приложение 2  **ОСНОВНЫЕ ТРЕБОВАНИЯ И РЕКОМЕНДАЦИИ**  **К СОСТАВЛЕНИЮ РАСПИСАНИЯ ДЛЯ ОБУЧАЮЩИХСЯ НАЧАЛЬНОГО**  **ОБЩЕГО ОБРАЗОВАНИЯ**   |  |  |  |  |  | | --- | --- | --- | --- | --- | | **Показатель** | **Класс** | | | | |  | **1** | **2** | **3** | **4** | | Смена обучения | **Только 1-я смена** |  |  |  | | Максимально допустимая аудиторная недельная нагрузка (в академических часах) при 6-ти дневной неделе | **-** | **26** | **26** | **26** | | Максимально допустимая аудиторная недельная нагрузка (в академических часах) при 5-ти дневной неделе | **21** | **23** | **23** | **23** | | Максимально допустимый недельный объем нагрузки внеурочной деятельности (в академических часах) | **10** | **10** | **10** | **10** | | Объем максимально допустимой аудиторной нагрузки в течение дня (в академических часах) | **Не более 4 уроков** | **не более 5 уроков** | **не более 5 уроков** | **не более 5 уроков** | | Общий объем нагрузки в течение дня (в академических часах) | **4 уроков и один раз в неделю 5 уроков за счет урока физической культуры** | **5 уроков и один раз в неделю 6 уроков за счет урока физической культуры** | **5 уроков и один раз в неделю 6 уроков за счет урока физической культуры** | **5 уроков и один раз в неделю 6 уроков за счет урока физической культуры** | | Дневное расписание уроков (трудность предметов) | **основные предметы проводятся на 2 - 3-х уроках** | **основные предметы проводятся на 2 - 3-х уроках** | **основные предметы проводятся на 2 - 3-х уроках** | **основные предметы проводятся на 2 - 3-х уроках** | | Недельное расписание уроков (трудность предметов) | Наибольшее количество баллов за день по сумме всех предметов должно приходиться на вторник и (или) среду. В расписание уроков включаются предметы, соответствующие наивысшему баллу по шкале трудности либо со средним баллом и наименьшим баллом по шкале трудности, но в большем количестве, чем в остальные дни недели. | | | | | Чередование разных видов деятельности | Основные предметы (математика, русский и иностранный язык, природоведение, информатика) чередовать с уроками музыки, изобразительного искусства, труда, физической культуры | | | |     Приложение 3  **ПРИМЕРЫ**  **СОСТАВЛЕНИЯ РАСПИСАНИЯ УРОКОВ ДЛЯ ОБУЧАЮЩИХСЯ НАЧАЛЬНОГО**  **ОБЩЕГО ОБРАЗОВАНИЯ**  При составлении иллюстративных примеров учитывались только базовые учебные предметы Федерального [компонента](exp:412151:100009) государственного образовательного стандарта начального общего образования: Русский язык, Литературное чтение, Иностранный язык, Математика, Окружающий мир, Изобразительное искусство, Музыка, Технология, Физическая культура, Основы религиозных культур и светской этики (в ред. Приказа Минобрнауки России от 31.01.2012 N 69).    **Утверждаю \_\_\_\_\_\_\_\_\_\_\_\_ Киле Т.В**  **30.08.2023г**  **Расписание уроков для обучающихся начального**  **общего образования МБОУ ООШ с. Верхний Нерген**   |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **дни** | **урок** | **1 класс** | | **2 класс** | | **3 класс** | | **4 класс** | | | **Понедельник** |  | предмет | **ранг трудности** | предмет | **ранг трудности** | предмет | **ранг трудности** | предмет | **ранг трудности** | |  | *Разговоры о важном* | | |  |  |  |  |  | | 1 | Русский язык | **7** | Литературное чтение | **5** | Литературное чтение | **5** | Литературное чтение | **5** | | 2 | Окружающий мир | **6** | Математика | **8** | Математика | **8** | Математика | **8** | | 3 | Родной (нанайский) язык | **7** | Русский язык | **7** | Русский язык | **7** | Русский язык | **7** | | 4 | Технология | **2** | Литературное чтение на родном (нанайский) языке | **5** | Изобразительное искусство | **3** | Изобразительное искусство | **3** | |  | 5 |  |  |  |  | *Разговоры о важном* | | |  | |  | 6 | *Казачок* | |  |  |  |  |  |  | |  | 7 |  | | *Казачок* |  | *Научное общество учащихся* | | | | |  | 8 |  | | *Финансовая грамотность* | |  | | | | |  | **Итого за день** | | **22** |  | **25** |  | **23** |  | **23** | | **Вторник** | 1 | Литературное чтение | **5** | Окружающий мир | **6** | Литературное чтение | **5** | Окружающий мир | **6** | | 2 | Русский язык | **7** | Математика | **8** | Иностранный (английский) язык | **7** | Математика | **8** | | 3 | Математика | **8** | Русский язык | **7** | Математика | **8** | Русский язык | **7** | | 4 | Окружающий мир | **6** | Родной (нанайский) язык | **7** | Русский язык | **7** | Литературное чтение | **5** | | 5 | Физическая культура | 1 | Физическая культура | **1** | Технология | **2** | Основы религиозных культур и светской этики | **6** | |  | 6 |  |  |  |  |  |  |  |  | |  | 7 | *Функциональная грамотность* | | | | *Научное общество учащихся* | | | | |  | 8 |  |  |  |  |  |  | *Вдумчивое чтение* | | |  | 9 |  |  |  |  | *Казачок* | |  |  | |  | **Итого за день** | | **27** |  | **29** |  | **29** |  | **32** | | **Среда** | 1 | Литературное чтение | **5** | Литературное чтение | **5** | Литературное чтение | **5** | Русский язык | **7** | | 2 | Математика | **8** | Математика | **8** | Математика | **8** | Математика | **8** | | 3 | Русский язык | **7** | Русский язык | **7** | Русский язык | **7** | Иностранный (английский) язык | **7** | | 4 | Литературное чтение  на родном (нанайском) языке | **5** | Иностранный  (английский) язык | **7** | Родной (нанайский) язык | **7** | Физическая культура | **1** | | 5 |  |  | Изобразительное искусство | **3** | Физическая культура | **1** | Окружающий мир | **6** | |  | 6 |  |  |  |  |  |  |  |  | |  | 7 | *Я-гражданин России* | | | | *Театр* | | *Фантазия без границ* | | |  | 8 |  |  |  |  |  | | *Казачок* | | |  | **Итого за день** | | **25** |  | **30** |  | **28** |  | **29** | | **Четверг** | 1 | Литературное чтение | **5** | Технология | **2** | Литературное чтение на родном (нанайском) языке | **5** | Родной (нанайский) язык/ Литературное чтение на родном (нанайском) языке | **7** | | 2 | Математика | **8** | Математика | **8** | Математика | **8** | Математика | **8** | | 3 | Русский язык | **7** | Русский язык | **7** | Русский язык | **7** | Русский язык | **7** | | 4 | Изобразительное искусство | **3** | Иностранный (английский) язык | **7** | Окружающий мир | **6** | Физическая культура | **1** | |  | 5 |  | **4** | Музыка | **3** |  |  | Технология | **2** | |  | 6 |  |  |  |  |  |  |  |  | |  | 7 |  |  |  |  | *Очумелые ручки* | |  |  | |  | 8 |  |  |  |  | *Финансовая грамотность* | |  | | |  | 9 |  |  |  |  |  | | *Очумелые ручки* | | |  | **Итого за день** | | **23** |  | **27** |  | **26** |  | **25** | | **Пятница** | 1 | Музыка | **5** | Физическая культура | **1** | Физическая культура | **1** | Музыка | **3** | | 2 | Русский язык | **7** | Окружающий мир | **6** | Окружающий мир | **6** | Иностранный (английский) язык | **7** | | 3 | Математика | **3** | Русский язык | **7** | Иностранный  (английский) язык | **7** | Русский язык | **7** | | 4 | Физическая культура | **1** | Литературное чтение | **5** | Русский язык | **7** | Литературное чтение | **5** | |  | 5 |  |  |  |  | Музыка | **3** |  |  | |  | 6 | *Театр* | |  |  |  |  | *Хочу все знать* | | |  | 7 |  |  | *Театр* | | *Хочу все знать* | | *Финансовая грамотность* | | |  | 8 |  |  |  | | *Фантазия без границ* | |  | | |  | **Итого за день** | | **19** |  | **19** |  | **24** |  | **22** |     Приложение 2  **ОСНОВНЫЕ ТРЕБОВАНИЯ И РЕКОМЕНДАЦИИ**  **К СОСТАВЛЕНИЮ РАСПИСАНИЯ ДЛЯ ОБУЧАЮЩИХСЯ ОСНОВНОГО ОБЩЕГО**  **И СРЕДНЕГО ОБЩЕГО ОБРАЗОВАНИЯ**   |  | | --- | | **Показатель** | |  | **5** | **6** | **7** | **8** | **9** | | Смена обучения | **Только 1-я смена** |  |  |  | **Только 1-я смена** | | Максимально допустимая аудиторная недельная нагрузка (в академических часах) при 6-ти дневной неделе | **32** | **33** | **35** | **36** | **36** | | Максимально допустимая аудиторная недельная нагрузка (в академических часах) при 5-ти дневной неделе | **29** | **30** | **32** | **33** | **33** | | Максимально допустимый недельный объем нагрузки внеурочной деятельности (в академических часах) | **10** | **10** | **10** | **10** | **10** | | Объем максимально допустимой аудиторной нагрузки в течение дня (в академических часах) | **не более 6 уроков** | **не более 6 уроков** | **не более 7 уроков** | **не более 7 уроков** | **не более 7 уроков** | | Общий объем нагрузки в течение дня (в академических часах) | **не более 6 уроков** | **не более 6 уроков** | **не более 7 уроков** | **не более 7 уроков** | **не более 7 уроков** | | Дневное расписание уроков (трудность предметов) | **основные предметы проводятся на 2, 3, 4 уроках** | **основные предметы проводятся на 2, 3, 4 уроках** | **основные предметы проводятся на 2, 3, 4 уроках** | **основные предметы проводятся на 2, 3,4 уроках** | **основные предметы проводятся на 2, 3, 4 уроках** | | Недельное расписание уроков (трудность предметов) | | Чередование разных видов деятельности | Основные предметы (математика, русский и иностранный язык, природоведение, информатика) чередовать с уроками музыки, изобразительного искусства, труда, физической культуры | | | |   **Утверждаю\_\_\_\_\_\_\_ Киле Т.В.**  **30.08.2023г**  **РАСПИСАНИЕ**  **УРОКОВ ДЛЯ ОБУЧАЮЩИХСЯ ОСНОВНОГО ОБЩЕГО ОБРАЗОВАНИЯ МБОУ ООШ с. Верхний Нерген**   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **дни** | **урок** | **5 класс** | | **6 класс** | | **7 класс** | | | **8 класс** | | | | **9 класс** | | | | **Понедельник** |  | **предмет** | **ранг**  **трудности** | **предмет** | **ранг трудности** | **предмет** | | **ранг трудности** | **предмет** | | **ранг трудности** | | **предмет** | | **ранг трудности** | | 1 | *Разговоры о важном* | | | | *Разговоры о важном* | | | | | | | *Разговоры о важном* | | | | 2 | Музыка | **2** | Литература | **6** | География | | **6** | Русский язык | | **7** | | Алгебра | | **7** | | 3 | Английский язык | **9** | Математика | **13** | Физика | | **8** | ОБЖ | | **3** | | Литература | | **7** | | 4 | Математика | **10** | Русский язык | **12** | Алгебра | | **10** | Биология | | **7** | | История | | **10** | | 5 | Русский язык | **8** | Английский язык | **11** | Изобразительное искусство | | **1** | Алгебра | | **9** | | Физическая культура | | **2** | | 6 | История | **5** | Физическая культура | **4** | Русский язык | | **11** | Информатика | | **7** | | Биология | | **5** | | 7 |  |  |  |  | Физическая культура | | **2** | История | | **8** | | Русский язык | | **6** | |  | 8 |  |  | *Факультатив Занимательная ботаника* | |  | |  |  | |  | | Обществознание | | **5** | |  | 9 |  |  |  | |  |  | | *Спортландия* | | | | *Основы общей биологии* | | | |  | Итого за день | | **38** |  | **46** |  | **38** | |  | | **41** | |  | | **42** | | **Вторник** | 1 | Технология | **4** | Литература | **6** | Физика | **8** | | Вероятность и статистика | | **9** | | Русский язык | | **6** | | 2 | Английский язык | **9** | Математика | **13** | Биология | **7** | | Русский язык | | **7** | | Физика | | **13** | | 3 | География | **7** | Русский язык | **12** | Геометрия | **12** | | Биология | | **7** | | История | | **10** | | 4 | Математика | **10** | Биология | **8** | Русский язык | **11** | | Английский язык | | **8** | | Геометрия | | **8** | | 5 | Родной (нанайский) язык | **8** | География | **7** | Английский язык | **10** | | Геометрия | | **10** | | Химия | | **12** | | 6 | Русский язык | **8** | История | **8** | Физическая культура | **2** | | Физика | | **9** | | Информатика | | **7** | | 7 |  |  |  |  |  |  | | Физическая культура | | **2** | | Английский язык | | **9** | |  | 8 | *Умники и умницы* | | | | *Спортландия* | | |  | |  | |  | |  | |  | 9 |  |  | Научное общество учащихся | | | | | | | | | | |  | |  | 10 |  |  |  | | | | | | | | *Основы самозанятости и предпринимательской деятельности* | | | | |  | 11 |  |  |  | | | | | | | | *Практическая химия* | | | | |  | Итого за день | | **46** |  | **54** |  | **50** | |  | **52** | |  | | | **60** | | **Среда** | 1 | Русский язык | **8** | Обществознание | **9** | География | **6** | | Физика | **9** | | Алгебра | | | **7** | | 2 | Английский язык | **9** | Русский язык | **12** | Алгебра | **10** | | Химия | **13** | | Физика | | | **13** | | 3 | Биология | **10** | Математика | **13** | Русский язык | **11** | | Геометрия | **9** | | Английский язык | | | **9** | | 4 | Математика | **10** | Родной (нанайская) язык | **12** | Английский язык | **9** | | Русский язык | **7** | | Химия | | | **12** | | 5 | Физическая культура | **3** | Литература | **6** | Русский язык | **11** | | Родная (нанайская) литература | **4** | | Вероятность и статистика | | | **7** | | 6 | Литература | **4** | Технология | **3** | Литература | **4** | | География | **6** | | Родной (нанайский) язык /родная(нанайская) литература | | | **6** | | 7 |  |  |  |  | История | **6** | | Литература | **4** | |  | | |  | |  | 8 | *Математический калейдоскоп* | | | |  |  | |  |  | | *Географический мир (подготовка к ОГЭ)/Подготовка к ОГЭ (биология)* | | | | |  | 9 |  |  |  |  | *Экология и систематика растений* | | | *Финансовая грамотность* | | | *История ДВ/Подготовка к ОГЭ (обществознание)* | | | | |  | 10 | *Путешествие по родному краю* | | | | | | |  |  | |  | | | | |  | Итого за день | | **44** |  | **55** |  | **57** | |  | **48** | |  | | | **54** | | **Четверг** | 1 | Технология | **4** | История | **8** | Литература | **4** | | Родной(нанайский) язык | **7** | | Биология | | | **7** | | 2 | Литература | **4** | Русский язык | **12** | Геометрия | **12** | | Химия | **13** | | Геометрия | | | **8** | | 3 | Русский язык | **8** | Математика | **13** | Родной (нанайский) язык | **11** | | Английский язык | **8** | | География | | | **3** | | 4 | Математика | **10** | Английский язык | **11** | Технология | **2** | | История | **8** | | Физика | | | **13** | | 5 | Родная литература | **4** | Физическая культура | **4** | Английский язык | **10** | | Алгебра | **9** | | Литература | | | **7** | | 6 | ОДНКНР | 4 | Технология | **3** | Родная (нанайская) литература | **4** | | Физическая культура | **2** | | Английский язык | | | **9** | | 7 |  |  |  |  |  |  | |  |  | | Технология / Введение в новейшую историю | | | **4** | | 8 | ***Спортландия*** | | ***Россия – мои горизонты*** | | | | | | | | | | | | |  |  | | | | | | | |  | | ***Спортландия*** | | | | | 10 |  | | | | | | | |  | | ***Подготовка к ОГЭ (русский язык)*** | | | | |  | Итого за день | | **34** |  | **51** |  | **43** | |  | **47** | |  | | **51** | | | **Пятница** | 1 | История | **5** | Музыка | **1** | Алгебра | **10** | | География | **6** | | Физическая культура | | **2** | | | 2 | Математика | **10** | Русский язык | **12** | Музыка | **1** | | Английский язык | **8** | | География | | **5** | | | 3 | Изобразительное искусство | **3** | Математика | **13** | Обществознание | **9** | | Литература | **5** | | ОБЖ | | **3** | | | 4 | Русский язык | **8** | Английский язык | **11** | Вероятность и статистика | **10** | | Технология | **1** | | Алгебра | | **7** | | | 5 | Литература | **4** | Родная (нанайская) литература | **6** | Технология | **2** | | Алгебра | **9** | | Литература | | **7** | | |  | 6 | Физическая литература | 3 | Изобразительное искусство | **3** | Информатика | **4** | | Обществознание | **4** | | русский язык | | **6** | | | 7 |  |  |  |  | История | **6** | | Музыка | **1** | |  | |  | | |  | 8 | ***Становлюсь грамотным читателем*** | | | | | | |  |  | | Финансовая грамотность | | | | |  | 9 |  |  | *Спортландия* | | *Финансовая грамотность* | | | *Практическая химия* | | | *Математика для всех* | | | | |  | 10 |  |  |  |  |  |  | |  | |  | | |  | Итого за день | | **33** |  | **46** |  | **42** | |  | **34** | |  | | **30** | | |