

【4→5月】家庭学習計画表

塾再開
予定

塾生コード _____

名前 _____

計画(黒ペン) → 教科名を書く【例】国、算、社 など
 実行(赤ペン) → 集中してできた:○で囲む
 → 集中できなかった:△で囲む
 → やっていない:X

STAY HOME 週間

| 月 火 水 木 金 土 日 | | | | | | | 月 火 水 木 金 土 日 | | | | | | | 月 火 水 木 金 土 日 | | | | | | | 月 火 水 木 金 土 日 | | | | | | | | | | | | | |
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| 27 | 28 | 29 | 30 | 5/1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| 7:00 | | | | | | | 7:00 | | | | | | | 7:00 | | | | | | | 7:00 | | | | | | 7:00 | | | | | | | |
| 8:00 | | | | | | | 8:00 | | | | | | | 8:00 | | | | | | | 8:00 | | | | | | 8:00 | | | | | | | |
| 9:00 | | | | | | | 9:00 | | | | | | | 9:00 | | | | | | | 9:00 | | | | | | 9:00 | | | | | | | |
| 10:00 | | | | | | | 10:00 | | | | | | | 10:00 | | | | | | | 10:00 | | | | | | 10:00 | | | | | | | |
| 11:00 | | | | | | | 11:00 | | | | | | | 11:00 | | | | | | | 11:00 | | | | | | 11:00 | | | | | | | |
| 12:00 | | | | | | | 12:00 | | | | | | | 12:00 | | | | | | | 12:00 | | | | | | 12:00 | | | | | | | |
| 13:00 | | | | | | | 13:00 | | | | | | | 13:00 | | | | | | | 13:00 | | | | | | 13:00 | | | | | | | |
| 14:00 | | | | | | | 14:00 | | | | | | | 14:00 | | | | | | | 14:00 | | | | | | 14:00 | | | | | | | |
| 15:00 | | | | | | | 15:00 | | | | | | | 15:00 | | | | | | | 15:00 | | | | | | 15:00 | | | | | | | |
| 16:00 | | | | | | | 16:00 | | | 小学1 | 小学1 | | | 16:00 | 英語A | 小学1 | 小学1 | 小学1 | 小学1 | 小学1 | 16:00 | 英語A | 小学1 | 小学1 | 小学1 | 小学1 | 16:00 | 英語A | 小学1 | 小学1 | 小学1 | 小学1 | | |
| 17:00 | | | | | | | 17:00 | | | 小学2 | 小学2 | | | 17:00 | 英語B | 小学2 | 小学2 | 小学2 | 小学2 | 小学2 | 17:00 | 英語B | 小学2 | 小学2 | 小学2 | 小学2 | 17:00 | 英語B | 小学2 | 小学2 | 小学2 | 小学2 | | |
| 18:00 | | | | | | | 18:00 | | | | | | | 18:00 | 英語C | | | | | | 18:00 | 英語C | | | | | 18:00 | 英語C | | | | | | |
| 19:00 | | | | | | | 19:00 | | | 18:30Z-19:20 | 18:30Z-19:20 | | | 19:00 | 18:30Z-19:20 | 18:30Z-19:20 | 18:30Z-19:20 | 18:30Z-19:20 | 18:30Z-19:20 | 19:00 | 18:30Z-19:20 | 18:30Z-19:20 | 18:30Z-19:20 | 18:30Z-19:20 | 19:00 | 18:30Z-19:20 | 18:30Z-19:20 | 18:30Z-19:20 | 18:30Z-19:20 | 18:30Z-19:20 | | | | |
| 20:00 | | | | | | | 20:00 | | | | | | | 20:00 | | | | | | | 20:00 | | | | | | 20:00 | | | | | | | |
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| 23:00 | | | | | | | 23:00 | | | | | | | 23:00 | | | | | | | 23:00 | | | | | | 23:00 | | | | | | | |
| 計画時間 | | | | | | | 累積実行 | | | | | | | 累積実行 | | | | | | | 累積実行 | | | | | | 累積実行 | | | | | | | |
| 実行時間 | | | | | | | 時間 | | | | | | | 時間 | | | | | | | 時間 | | | | | | 時間 | | | | | | | |

| ミッション | 27 | 28 | 29 | 30 | 5/1 | 2 | 3 | 進んだ% | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 進んだ% | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 進んだ% | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 進んだ% | 25 | 26 | 27 | 28 | 29 | 30 | 進んだ% |
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【5つのたいせつ習慣】

- ① 手洗い・うがいと咳エチケット
- ② しっかり食べて、早寝と早起き
- ③ 「家庭学習計画表」を黒ペンで1週間ずつ作成して、結果を毎日赤ペンで書く
- ④ 「5月の3行日記」を寝る前に書く
- ⑤ 正々堂々

