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## **Principles Of Time Table Construction (cont.)**

**5.Variety:** The timetable should be constructed in a manner that it allows frequent change of places and posture to pupils. The same subject should not be taught continuously for many periods, nor should the same class sit in a particular room for the whole day. Change of seat, room and posture is the best remedy against fatigue. Similarly, easy and difficult subjects and lessons should be provided alternatively in the timetable for the sake of variety. If a subject is to be taught for two or three periods in a week, it should not be provided on consecutive days. It should, rather, be fixed in the timetable after regular intervals.

**6. Fatigue:** Fatigue, in reality, is the state inability to continue work after a prolonged activity of certain parts of the body. It is of two kinds:  
(a) Physical or muscular and (b) Mental or nervous.

When any part of our body works for a long time, a sort of chemical action is produced with the blood in that part. As this action is too great, the waste product in the body is produced to such an extent that it is too much to be carried easily by the blood. So we feel a sort of Loss of energy, which is called fatigue. Fatigue weakens attention and perception and diminishes the power of insight also diminished. In the school, some subjects are more fatiguing than others.

**They involve a heavy mental strain and effort. Such subjects should be taught during early hours when the brain is fresh.**

**It has been noted psychologically that the second and the third periods on a school day are the best when the work curve reaches its highest point. Similarly the second and the third days of the week are the best, when momentum is the highest.**

**Monday is only the warming up day and Saturday is perhaps the worst. So subjects like English, regional languages and Mathematics should be taught during the best periods of the day. Similarly subjects like arts,**

crafts, writing, science practicals and manual work, etc., that require less energy should be pursued in the last periods.

Lastly, the duration of periods must change according to age, physical condition and season. In summer, periods should be of shorter duration as compared to winter. Similarly, in the case of primary classes, periods should not be very long. Small children get fatigued very soon and so they need frequent changes in activities and occupations

**7. Staff, equipment and building:** While constructing a good timetable, the number and qualifications of teachers, and the number and size of classes and classrooms and equipment should always be kept in view. Again in case of a school where one room is used for two classes, the timetable will be arranged in a different manner as compared to a school having a spacious building. Equipment and furniture available in the school also determine the construction of the timetable to a certain extent.

**8.Elasticity:** As already stated, the timetable is an instrument to help us in carrying out the schoolwork smoothly and efficiently. It should, therefore, be not rigid and fixed. It should rather be made as flexible and elastic as possible. However, it should be adhered to unless there are special situations. There must be ample scope for adjustments and changes to meet the specific needs of certain categories of pupils. Change may also be necessary because of the transfer or absenteeism of some teachers. It should, however, be remembered that the timetable should not become our master because of its rigidity. It should always act as a faithful servant.