



PROFESSIONAL EXPERIENCE EQUIVALENT PERIODS PER WEEK – ROUGH GUIDE

	40 min Lessons	45 min Lessons	50 mins Lessons	55 min Lessons	60 min Lessons	75 min Lessons	80 mins Lessons	90 min Lessons	100 min. Lessons
.5 (50% Load)	14	12.5	11	10	9	7.5	7	6	5.5
.6 (60% Load)	16.8	15	13.2	12	11	9	8.5	7.5	6.5
.7 (70% Load)	19.6	17.5	15.4	14	13	10.5	10	9	7.5
.8 (80% Load)	22.4	20	17.6	16	15	12	11	10	9
1 (Full-time load of regular classroom teacher)	28	25	21-22	20	18 - 19	15	14	12.5	11

Total number of periods taught by a full-time classroom teacher (not a Head Teacher) may vary, as some schools/ systems couch this in terms of “x periods per week plus sport”, others may have funding for additional professional development, etc.