

K-2 Distance Learning Sample Daily Schedule
Academic Time 3- 20/ 30 minute blocks

Before 9:00 am	Wake-up	Eat breakfast, get dressed, make your bed
9:00-9:30	Academic Time	Math
9:30-10:30	Morning Exercise	Take a walk, yoga, exercise video
10:30-11:00	Academic Time	ELA, Social Studies or Science
11:00-12:00	Lunch Time	
12:00	Chore Time	
12:00-2:30	Quiet Time	Puzzle, word game, read, journal
2:30-3:00	Academic Time	IReady or Lexia
3:00-4:30	Afternoon Exercise	Take a walk, yoga, exercise video
4:30-6:00	Dinner/Chore Time	
6:00-8:00	Free TV Time	Kid shower/bath
8:00	Bedtime	All Kids
9:00	Bedtime	For kids that did their chores and did not argue