

# Continuous Learning Daily Schedule

Before 9:30am	Wake-Up / Get Ready / Free Time	Eat breakfast, make bed, get ready, free time
9:30am-10am	Exercise & Fresh Air	Walk, Hike, Bike, Hoops, Yoga or Go-Noodle if raining
10:00-11:00	Snack & *Academic Time	Weekly Learning Menus provided by school Extra: Flash Cards (math facts, sight words) Writing (reports, letters, journaling) Virtual Field Trips and Research
11:00-12:00	Creative Time	Crafts, Drawing, Painting, Legos, Music, Cooking, Baking, Building
12:00-12:40	Lunch	
12:40-1:00	Chores	*including but not limited to wiping down tables, desks, chairs, door knobs, light switches, faucets, toilets.
1:00-2:00	Quiet Time	Reading (is a must), Puzzles, Nap, Dolls, Cars, etc.
2:00-3:30	Academic Time	Weekly Learning Menus provided by school Extra: Flash Cards (math facts, sight words) Writing (reports, letters, journaling) Virtual Field Trips and Research
3:30-4:00	Creative & Snack time	Crafts, Drawing, Painting, Legos, Music, Cooking, Baking, Building (Snack optional)
4:00-5:00	Exercise & Fresh Air	Walk, Hike, Bike, Hoops, Yoga or Go-Noodle if raining
5:00-6:00	Dinner	
6:00-8:00	Free Time	Electronics, TV, Play, Family Games
8:00-8:30	Bedtime	For kids
9:00-9:30	Bedtime	For kids who followed their daily schedule and didn't fight.

\*This daily schedule template is optional and can be edited and used to create what works for your household and student.  
\*\*Also included below are recommended academic times for each grade level that you can use when scheduling your child's work time.

## **Recommended Daily Academic Time by Grade Levels:**

### **\*Prekindergarten & Kindergarten: 45 minutes a day**

- 15 minutes read-aloud and literacy skills
- 15 minutes math
- 15 minutes of reading skills practices (i.e. rhyming, sounds in a word, and letter names and letter sounds)
- Extended learning:
  - 30-60 minutes of outdoor play
  - 10-20 minutes of reading with family (books of their choice)
  - 30 minutes of imaginative play

### **\*\*1st & 2nd Grade: 1 hour and 10 minutes a day**

- 30 minutes for read-aloud or independent reading, including reading tasks or writing prompts
- 20 minutes for a combination of math lessons, activities, application practice or games focused on concepts, skills or content (i.e., number sense, computation, problem solving, etc.) three times a week
- 20 minutes of science/social studies activities or lessons connected to an overarching project or topic of study one time a week each
- Flexible time for physical education, music, art, world languages, etc.

### **\*\*\*3rd through 6th grade: 1 hour and 20 minutes a day**

- 20 minutes of read-aloud or independent reading
- 20 minutes of reading or writing lessons, tasks or prompts; may include 15 minutes of independent writing
- 20 minutes for a combination of math lessons, activities, application practice or games focused on concepts, skills or content of the unit (i.e., number sense, computation, problem solving, etc.)
- 20 minutes of science/social studies activities or lessons connected to an overarching project or topic of study
- Flexible time for physical education, music, art, world languages, etc.