

Distance Learning Daily Schedule: **Preschool – 2nd grade**

The schedule below is meant to be a recommendation that can be modified to better suit the needs of your student. Please adjust as you see fit.

Time	Activity	Resources/Ideas
8:00 – 9:00	Wake up	Eat breakfast, make your bed, get dressed, brush teeth, wash hands.
9:00 – 9:30	Academic Time: Reading	Read next to a parent or sibling. If students are ready, they can read on their own. <ul style="list-style-type: none"> Journeys, iReady, Workbook
9:30 – 10:00	Exercise/Play time	Ideally outside if weather permits: walk, yoga, bike ride, or any other activity that gets students moving.
10:00 – 10:30	Academic Time: Writing	Writing practice: <ul style="list-style-type: none"> Select a journal topic (found on the IUSD website) to write about.
10:30 – 11:00	Break	Ideally run around and play outside. Have a snack.
11:00 – 11:30	Academic Time: Digital learning or Visual & Performing arts	<ul style="list-style-type: none"> Use one of the recommended online learning resources in reading or math found on the IUSD's website OR Illustrate/act out your favorite scene from the journal activity above
11:30 – 12:00	Academic Time: Reading	Grammar, spelling, vocabulary <ul style="list-style-type: none"> Journeys, iReady, Workbook
12:00 – 12:30	Lunch	Lunch – wash hands, eat a healthy meal with fruits and vegetables. <ul style="list-style-type: none"> Listen to an educational podcast or music! Try Wow in the World! If you like science, Stories Podcast or Circle Round to hear a story, or Noodle Loaf to learn about music!
12:30 – 1:00	Home Chores	Clean rooms, put away toys, take out garbage, pet care, etc.
1:00 – 2:00	Academic Time: Math	McGraw Hill, iReady, Workbook
2:00 – 2:30	Creative/Enrichment Time	Creative play, dance, drawing, Legos, crafts, music, cooking, baking.
2:30 – 3:30	Afternoon fresh air/snack/rest	Ride bike, jump on the trampoline, walk the dog, play outside, take a nap.
3:30 – 5:00	Academic Time	Sight words, educational electronic games/tv shows, read a book/chapter, etc.
5:00 – 6:00	Dinner/relax	Eat a healthy meal with vegetables. Play a game with the family.
6:00 – 8:00	Free TV/Electronic game	Take baths/showers, wind down from an eventful day.
8:00	Bedtime	Get plenty of rest for a productive day tomorrow.

Distance Learning Daily Schedule: 3rd – 5th grade

The schedule below is meant to be a recommendation that can be modified to better suit the needs of your student. Please adjust as you see fit.

Time	Activity	Resources/Ideas
8:00 – 9:00	Wake up	Eat breakfast, make your bed, get dressed, brush teeth, wash hands.
9:00 – 9:40	Academic Time: Reading Comprehension	Select a grade-appropriate book or story to read. Identify key ideas and details. <ul style="list-style-type: none"> Journeys, iReady, Workbook, Google Classroom
9:40 – 10:00	Exercise/play time	Ideally outside if weather permits: walk, yoga, bike ride, or any other activity that gets students moving.
10:00 – 10:30	Academic Time: Writing	Writing practice: <ul style="list-style-type: none"> Select a journal topic (found on the IUSD website) to write about.
10:30 – 10:50	Break	Ideally run around and play outside. Have a snack.
10:50 – 11:30	Academic Time: <ul style="list-style-type: none"> Digital learning Visual & performing arts Silent Reading 	<ul style="list-style-type: none"> Use one of the recommended online learning resources in reading or math found on the IUSD's website Illustrate/act out your favorite scene from the journal activity above Pick a favorite book or magazine to read silently
11:30 – 12:00	Academic Time: Reading	Grammar, spelling, vocabulary <ul style="list-style-type: none"> Journeys, iReady, Workbook, Google Classroom
12:00 – 12:30	Lunch	Lunch – wash hands, eat a healthy meal with fruits and vegetables. <ul style="list-style-type: none"> Listen to an educational podcast! Try Brains On! If you like science, Forever Ago if you like history, or Story Pirates to hear funny stories written by kids.
12:30 – 1:00	Home Chores	Clean rooms, put away toys, take out garbage, pet care, etc.
1:00 – 2:00	Academic Time: Math	McGraw Hill, iReady, Workbook, Google Classroom
2:00 – 3:00	Creative/Enrichment Time	Creative play, dance, drawing, Legos, crafts, music, cooking, baking.
3:00 – 3:30	Afternoon fresh air/snack/rest	Ride bike, jump on the trampoline, walk the dog, play outside.
3:30 – 5:00	Academic Time	Select an article related to social studies and science to read. Educational electronic games/tv shows, read a book/chapter, etc.
5:00 – 6:00	Dinner/relax	Eat a healthy meal with vegetables. Play a game with the family.
6:00 – 8:00	Free TV/Electronic game	Take baths/showers, wind down from an eventful day.
8:00 – 9:00	Bedtime	Get plenty of rest for a productive day tomorrow.

Distance Learning Daily Schedule: 6th – 8th grade

The schedule below is meant to be a recommendation that can be modified to better suit the needs of your student. Please adjust as you see fit.

Time	Activity	Resources/Ideas
8:00 – 9:00	Wake up	Eat breakfast, make your bed, get dressed, brush teeth, wash hands.
9:00 – 9:40	Academic Time: Reading Comprehension	Select a grade-appropriate book or story to read. Identify key ideas and details. <ul style="list-style-type: none"> Collections, iReady, Achieve3000, Workbook, Google Classroom
9:40 – 10:00	Exercise	Go for a walk/run, yoga, dance workout
10:00 – 10:30	Academic Time: Writing	Writing practice: <ul style="list-style-type: none"> Select a journal topic (found on the IUSD website) to write about.
10:30 – 10:50	Break	Walk/run outside if possible. Have a snack.
10:50 – 11:30	Academic Time: <ul style="list-style-type: none"> Digital learning Silent Reading 	<ul style="list-style-type: none"> Use one of the recommended online learning resources in reading or math found on the IUSD's website Pick a favorite book or magazine to read silently
11:30 – 12:00	Academic Time: Reading	Grammar, spelling, vocabulary <ul style="list-style-type: none"> Collections, iReady, Achieve3000, Workbook, Google Classroom
12:00 – 12:30	Lunch	Lunch – wash hands, eat a healthy meal with fruits and vegetables. <ul style="list-style-type: none"> Listen to an educational podcast! Try RadioLab if you like science, Forever Ago if you like history, or Goodnight Stories for Rebel Girls if you like biographies
12:30 – 1:00	Home Chores	Clean rooms, put away laundry, take out garbage, pet care, etc.
1:00 – 2:00	Academic Time: Math	McGraw Hill, iReady, Workbook, Google Classroom
2:00 – 3:00	Social Studies/Science	Read an article related to social studies or science to read. Write an informative summary about the article's key points. <ul style="list-style-type: none"> Google Classroom
3:00 – 3:30	Walk/Break	Get some fresh air outside.
3:30 – 5:00	Enrichment Time	Educational electronic games/tv shows, read a book/chapter, etc.
5:00 – 6:00	Dinner/relax	Eat a healthy meal with vegetables.
6:00 – 9:00	Free TV/Electronic game	Relax, go outside, work on hobbies time with family. Take showers, wind down from an eventful day.
9:00 – 10:00	Bedtime	Lights out, time to sleep!

Distance Learning Daily Schedule: 9th – 12th grade

The schedule below is meant to be a recommendation that can be modified to better suit the needs of your student. Please adjust as you see fit.

Time	Activity	Resources/Ideas
8:00 – 9:00	Wake up	Eat breakfast, make your bed, get dressed, brush teeth, wash hands.
9:00 – 9:40	Academic Time: Reading Comprehension	Select a grade-appropriate book or story to read. Identify key ideas and details. Priority: Google Classroom assignments from teachers <ul style="list-style-type: none"> • Collections, iReady, Achieve3000, Workbook
9:40 – 10:00	Exercise	Go for a walk/run, yoga, dance workout
10:00 – 10:30	Academic Time: Writing	Writing practice: <ul style="list-style-type: none"> • Select a journal topic (found on the IUSD website) to write about. • Priority: Google Classroom assignments from teachers
10:30 – 10:50	Break	Walk/run outside if possible. Have a snack.
10:50 – 11:30	Academic Time: <ul style="list-style-type: none"> • Digital learning • Silent Reading 	<ul style="list-style-type: none"> • Use one of the recommended online learning resources in reading or math found on the IUSD's website • Pick a favorite book or magazine to read silently • Priority: Google Classroom assignments from teachers
11:30 – 12:00	Academic Time: Reading	Grammar, spelling, vocabulary <ul style="list-style-type: none"> • Priority: Google Classroom assignments from teachers • Collections, iReady, Achieve3000, Workbook
12:00 – 12:30	Lunch	Lunch – wash hands, eat a healthy meal with fruits and vegetables. <ul style="list-style-type: none"> • Listen to an educational podcast! Try This American Life if you like storytelling, or RadioLab or Science Friday if you like science!
12:30 – 1:00	Home Chores	Clean rooms, put away laundry, take out garbage, pet care, etc.
1:00 – 2:00	Academic Time: Math	McGraw Hill, iReady, Workbook, Google Classroom <ul style="list-style-type: none"> • Priority: Google Classroom assignments from teachers
2:00 – 3:30	Social Studies/Science	Read an article related to social studies or science to read. Write an informative summary about the article's key points. <ul style="list-style-type: none"> • Priority: Google Classroom assignments from teachers
3:30 – 4:00	Walk/Break	Get some fresh air outside.
4:00 – 5:30	Academic & Enrichment Time	Educational electronic games/tv shows, read a book/chapter, etc.
5:30 – 6:30	Dinner/relax	Eat a healthy meal with vegetables.
6:30 – 9:30	Free TV/Electronic game	Relax, go outside, work on hobbies, time with family. Take showers, wind down from an eventful day.
9:30 – 11:00	Bedtime	Lights out, time to sleep!

