# Family Schedule Structure for Remote Learning

# **It is important to keep in mind that as circumstances evolve, so will these initial guidelines and expectations. We greatly appreciate your flexibility as we proceed**.

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| **Recommended Times** | **Planned Activities** |
| 8:00 – 9:00 am | **Breakfast** / Get ready for an awesome day!  And yes, change out of PJs! :P |
| 9:00 – 9:30 am | **Student Physical Activity/Prepare for Learning** |
| 9:30 – 10:00 am | **Daily Live Check-in with Student**  Assist Students with Logging In to Virtual Class Meeting |
| 10:00 – 10:45 am (45 min) | **ELA** (Monday and Wednesday) **/ Math** (Tuesday and Thursday) **/**  **Self-Directed Review and Enrichment** (Friday) |
| 10:45 – 11:00 am (15 min) | **Read to Self / Someone, or Listen to a book** |
| 11:00 am-1:00 pm | **Lunch** *(as aligned with the WCPSS remote lunch deliveries)*   (Listen to an educational show, an audio recording or book if time allows!) |
| 1:00 – 1:30 pm (30 min) | **Science / Social Studies** |
| 1:30 – 2:00 pm (30 min) | **Art / PE / Music / STEM / Reader’s Theater** |
| 2:00 – 3:00 pm | Independent Student Work &  Teacher “Office Hours” to provide support |
| 3:00 - 8:00 pm | **Relax**, go outside, work on passions, dinner, and time with family. |
| 8:00 - 9:00 pm | **Read 15 minutes**, then **Lights out**, time to sleep! |

* **Physical Activity Ideas:** Walk, Play Outside, Jumping Jacks, Yoga, YouTube Exercise Videos, ideas from PE Teacher
* **Choice Activity Ideas:** Lego, Puzzles, Crafts, Ideas from Art, Music, and Dance Teacher, Work on something that interests you, Play Games
* **Reflection:** Use words or pictures to reflect on your week of learning. Use paper, a notebook, or digital tool.
* **The block of time for each content area** might include pre-recorded teacher lead instruction and student practice.