

PRIMARY ONE REMOTE LEARNING SCHEDULE

Below is a sample remote learning schedule that you can use at home with your child. Please note that this is just for reference. Do not feel that you need to follow this schedule if it does not work for your family. This is meant to give you an idea of how your child's day can be structured and how much time they could be spending on the various learning activities.

Sample Remote Learning Schedule

| Content | Description | Proposed length of time |
|---|--|--------------------------------|
| Morning Meeting and Morning Work | Check in on the day's schedule | ~20 minutes |
| Brain Break | Stretch and move around | ~10 minutes |
| Writing/Reading (ELA) | Weekend journal and more | ~ 20 minutes |
| Snack | Eat a healthy snack | |
| Math | Activities and games | ~20 minutes |
| Brain Break | Stretch and move around | ~10 minutes |
| Specials -- assigned daily; reviewed at morning meeting | PE, Music, Art, Spanish, Literature, or Technology | ~30 minutes |
| Storytime | Enjoy a good book! | |
| Lunch | Eat and drink healthy! | |
| Unit Studies (twice a week) | TBD | ~20 minutes |
| Brain Break | Stretch and move around | ~10 minutes |
| Specials -- assigned daily; reviewed at morning meeting | PE, Music, Art, Spanish, Literature, or Technology | ~30 minutes |
| Independent Choice Time | Pick a fun activity or play with a favorite toy! | ~20 minutes |
| Recess | Active Time Outside | As long as you want! |