

PHASE 1 | REMOTE FOR ALL

WHAT TO EXPECT: ELEMENTARY SCHEDULE

GRADES K - 5 | M, T, W, Th, F

SUBJECT TIME

MINI-BREAK IDEAS

Teacher Work Time 8:00-9:00

Morning Meeting 9:00-9:15

1st Block 9:15-10:00

Mini-Break 15 minutes

2nd Block 10:15-11:00

Mini-Break 15 minutes

3rd Block 11:15-12:00

Lunch & Recess Break 12:00-12:30

Art, Music, Physical Education, Library, Computers in the Afternoon

Office Hours & Student Support 12:30-3:15

- Tell an adult something you learned in your last lesson
- Grab a healthy snack
- Stretch your body
- Exercise! - do some jumping jacks, see how long you can balance on one foot, find out how many sit-ups you can do!
- Hydrate! Drink a glass of water, milk or juice
- Sing a song at the top of your lungs!
- Wash your hands with soap & water