

## 3-6 Sample Daily Student Schedule

### Focus: ELA and math

Tech Support needed? Can't remember your student login and password for email access to Google Classroom / Clever?

We are here for you!

Email our Help Desk at [support@scusd.edu](mailto:support@scusd.edu).

**NOTE: The schedule below is a suggestion only.** Most learning will not be synchronous (Teachers and students being in the same digital space at the same time for the lesson), so that students and families can engage in the learning at times that suit them best during the day.

Your school will be contacting you with important details for your student.

Time	Activity
<a href="#">Practice Social Emotional Learning Through the Day For self-care and to stay connected to others</a>	<ul style="list-style-type: none"> <li>Do One of these <a href="#">Brain Breaks</a> BEFORE you start a lesson or as needed throughout the day.</li> <li>Set a personal goal each day to Breathe (<a href="#">Practice Mindfulness</a>), Move (Exercise for 15-20 minutes each day), Rest (Do something fun- <a href="#">listening to SEL music</a> or <a href="#">drawing</a>), &amp; Connect (Text your friends/family or teacher to say hello or just to check in).               <ul style="list-style-type: none"> <li>Daily <a href="#">Mindfulness Classes</a> at 10am</li> </ul> </li> <li>Continue to practice SEL skills with your family using this <a href="#">Harmony at Home Toolkit</a>.</li> <li>End each day with a <a href="#">High-Five (To self and others)</a></li> </ul>
7:45am - 8:00 (15 min.)	<p><b>Sign in to Google Classroom or alternative platform</b></p> <ul style="list-style-type: none"> <li>Access needed technology and sign into Google Classroom. (<a href="#">how to login via Google</a>, <a href="#">login via Clever</a>, <a href="#">how to submit assignments including a picture</a>)</li> </ul> <p><b>Sign in to Benchmark Advanced for ELA</b></p> <ul style="list-style-type: none"> <li>Log on to BMA through Clever: <a href="#">Clever login</a></li> <li><a href="#">How to access activities assigned to you in Benchmark Universe</a></li> </ul>
8:00am - 8:30 (30 min)	<p><b>ELA: Independent Reading or Writing</b></p> <ul style="list-style-type: none"> <li>Students read an assigned text or text of choice and respond based on a prompt, assignment, etc.</li> </ul>
8:30am - 9:30 (60 min.)	<p><b>ELA: Core Reading, Writing, and Language in Benchmark</b></p> <ul style="list-style-type: none"> <li>Reading grade-level texts and demonstrating learning through discussion, writing, or other varied means of expression ( e.g. book talk videos, posters, etc. ) with the support of an adult</li> </ul>
9:30am - 10:00 (30 min.)	<p><b>Breaktime</b></p> <p>Playtime! Get outside, run around. Play ball. Wash your hands! <a href="#">(Physical Activity resources)</a></p>
10:00am - 10:45 (45 min.)	<p><b>Arts</b></p> <ul style="list-style-type: none"> <li><a href="#">Here are weekly VAPA resources! Explore one of these links every day!</a> (This page is updated weekly!)</li> <li>Take some time to take on an art project! Coloring, drawing, crafting. The options go on!</li> </ul>

10:45 - 11:00 (15 min.)	<b>Snack time</b> Eat something healthy and delicious. Wash your hands!
11:00 - 12:00 (60 min.)	<b>Math</b> <b>Warm Up</b> <ul style="list-style-type: none"> <li>• 5-10 minutes of working through a math task using reasoning</li> </ul> <b>Math Concept Building</b> <ul style="list-style-type: none"> <li>• 10-15 minutes of content building through videos, model building, tasks, presentations (Google Slides, Power Point, etc.), online collaboration</li> <li>• 10-15 minutes of guided practice using online class meetings, worksheets, math learning websites</li> <li>• Upload work or respond to prompts via designated site</li> </ul> <b>K-6: Math Fluency Practice</b> <ul style="list-style-type: none"> <li>• 10-15 minutes of math fluency practice with games, worksheets, and/or other materials</li> </ul>
12:00 - 12:45 (45 min.)	<b>Lunchtime</b> Eat something healthy and delicious. Wash your hands!
12:45 - 1:30 (45 min.)	<b>Physical Education</b> Activate the brain through physical education. Students engage in purposeful learning through activity. <a href="#">(Physical Education Resources)</a>
1:30 - 2:30 (60 min.)	<b>Enrichment</b> Spend some time doing something you love. Play a game. Do a puzzle. Read a book. Wash your hands!
As needed during the school day	<b>Parent/Guardian: Communicate with your teacher.</b> How did the day go today? What is going well? What are you struggling with? Arrange a time to get extra help as needed.