

Elementary School

Grade Level	Minimum	Maximum	Recommended Length of Sustained Attention	Daily learning time can include:
Pre-K	20 minutes per day	60 minutes per day	3-5 minutes	Early Literacy Early Numeracy Imaginative play Creative arts music and movement Outdoor exploration Exercise Fine/gross motor activities (click for suggested schedule)
Kdg	30 minutes per day	90 minutes per day	3-5 minutes	Reading, Writing, Math Science or Social Studies Content Online work Handouts or other learning activities Outdoor Play/Exercise, Art, Music, Social-Emotional Learning, Career Exploration (click for recommended time guidelines) (click for additional sample schedules)
1-2	45 minutes per day	90 minutes per day	5-10 minutes	
3-5	60 minutes per day	120 minutes per day	10-15 minutes	

Elementary School Schedule				
Monday	Tuesday	Wednesday	Thursday	Friday
30 min Math 30 min ELA 30 min Art K-2 30 min Art 3-5	30 min Science 30 min Reading Enrichment K-2 30 min Reading 3-5 30 min PE K-2 30 min PE 3-5	30 min Math 30 min ELA 30 min Spanish K-2 30 min Spanish 3-5	30 min Social Studies 30 min Reading Enrichment K-2 30 min Reading 3-5 30 min Music K-2 30 min Music 3-5	1 Hour of Weekly Office Hours* 30 min Enrichment/ Social-Emotional

*Office hours for teachers are posted on our website and on the hard copy material cover letters

Middle School

Grade Level	Minimum	Maximum	Recommended Length of Sustained Attention
6-8	Class: 15 minutes/day Total: 90 minutes/day	Class: 30 minutes/day Total: 180 minutes/day	1 subject area or class

Middle School Schedule				
Monday	Tuesday	Wednesday	Thursday	Friday
30 min Math 30 min ELA 30 min Elective 1	30 min SS 30 min Science 30 min Elective 2	30 min Math 30 min ELA 30 min Elective 1	30 min SS 30 min Science 30 min Elective 2	30 min Office Hours* 30 min Office Hours* 30 min Enrichment/ Social-Emotional

*Office hours for teachers are posted on our website and on the hard copy material cover letters

High School

Grade Level	Minimum	Maximum	Recommended Length of Sustained Attention
9-12	Class: 20 minutes/day Total: 120 minutes/day	Class: 35 minutes/day Total: 210 minutes/day	1 subject area or class

High School Schedule				
Monday	Tuesday	Wednesday	Thursday	Friday
30 min Math 30 min ELA 30 min AP (if applicable)	30 min SS 30 min Science 30 min AP (if applicable)	30 min Math 30 min ELA 30 min AP (if applicable)	30 min SS 30 min Science 30 min AP (if applicable)	30 min Elective 1/CTE Course 1 30 min Elective 2/ CTE Course 2 30 min Enrichment/ Social-Emotional 30 min Office Hours* 30 min Office Hours*

*Office hours for teachers are posted on our website and on the hard copy material cover letters