

High School Sample Daily Schedule

SPSD is Encouraging Students to Engage in Enrichment Activities

Time	Activity
Before 9:00 am	Wake up Get up at the same time you normally would: helps with continuity.
9:00 am - 9:30 am	Warm Up Go for a walk (take the dog), do a chore, work on a puzzle, exercise, do yoga. <ul style="list-style-type: none">• High School Distance Enrichment Links
9:30 am - 10:30 am	Academic Time - Subject Areas 1 and 2 It takes less time to complete lessons in intensive study, don't overdo it. <ul style="list-style-type: none">• 9th Grade Home Learning Resources• 10th Grade Home Learning Resources• 11th Grade Home Learning Resources• 12th Grade Home Learning Resources
10:30 am - 11:00 am	Break Assists with maintaining health and well-being.
11:00am - 12:00 pm	Academic Time Subject Areas 3 and 4 <ul style="list-style-type: none">• 9th Grade Home Learning Resources• 10th Grade Home Learning Resources• 11th Grade Home Learning Resources• 12th Grade Home Learning Resources
12:00 pm - 12:45 pm	Lunch Take time to eat. Include physical activity during this time.
12:45 pm - 1:15 pm	Choice Reading Read what you like, fiction or nonfiction. Read to younger family members for a change of pace.
1:15 pm - 2:15 pm	Academic Time Areas 5 and 6 Remember to study your subjects in the same order you normally would at school. <ul style="list-style-type: none">• 9th Grade Home Learning Resources• 10th Grade Home Learning Resources• 11th Grade Home Learning Resources• 12th Grade Home Learning Resources