

Middle School Sample Daily Schedule

Time	Activity
Before 9:00 am	Wake up: Make your bed, eat breakfast, brush your teeth, get dressed, and get ready for an awesome and productive day!
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"> • Middle School Distance Enrichment Links
9:30 am - 10:15 am	Academic Time: <ul style="list-style-type: none"> • 6th Grade Home Learning Resources • 7th Grade Home Learning Resources • 8th Grade Home Learning Resources
10:15 am - 10:30 am	Break
10:30 am - 11:15 am	Academic Time: <ul style="list-style-type: none"> • 6th Grade Home Learning Resources • 7th Grade Home Learning Resources • 8th Grade Home Learning Resources
11:30 am - 12:00 pm	Creative Time: Engage your passion - draw, paint, practice your instrument, sing, dance, code.... <ul style="list-style-type: none"> • Middle School Distance Enrichment Links
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 - 2:00 pm	Academic Time: <ul style="list-style-type: none"> • 6th Grade Home Learning Resources • 7th Grade Home Learning Resources • 8th Grade Home Learning Resources
2:00 pm - 2:30 pm	Movement & snack break: Grab a snack and get in a movement break (take the dog for a walk, go outside and play).
2:30 pm - 3:30 pm	Academic Time: <ul style="list-style-type: none"> • 6th Grade Home Learning Resources • 7th Grade Home Learning Resources • 8th Grade Home Learning Resources

3:30 pm - 9:00 pm	Personal Time: Use this time to finish chores, spend time with your family, “Face-Time” friends, go outside, exercise, “Online Game” with friends, work on favorite activities, eat dinner, and relax.
9:00 pm - 10:00 pm	Choice Reading: Additional personal reading time to wind down from a jam packed day.
10:00 pm	Lights Out: Get a good night's sleep.