

## Upper Elementary (3-5) Sample Daily Schedule

Time	Activity
Before 9:00 am	<b>Wake up:</b> Make your bed, eat breakfast, brush your teeth, and get ready for an awesome and productive day!
9:00 am - 9:30 am	<b>Warm Up:</b> Ride your bike, go for a walk or a run (take the dog), do a chore, work on a puzzle, exercise, do yoga. access Go Noodle on YouTube
9:30 am - 10:00 am	<p><b>Choice Reading:</b> Choose a book that you would like to read. While you read, use sticky notes or take notes to help you remember what is important so that when you are finished with a chapter or the book you can tell someone about it.</p> <ul style="list-style-type: none"> <li>• Grab a book or use an online reading resource from <a href="#">SPSD 3-5 Resource Page</a> or check out a book digitally from the library.</li> </ul>
10:00 am - 10:15 am	<b>Read a Passage:</b> Read a passage from one of the <a href="#">SPSD 3-5 Resource Page</a> and answer the questions around the passage.
10:15 am - 10:30 am	<b>Break</b>
10:30 am - 11:15 am	<p><b>Writing Time:</b> Create a journal that you can use to keep your writing over the next few weeks. Use the prompts from the <a href="#">SPSD 3-5 Resource Page</a>.</p> <p>write a story that you always wanted to tell, retell a story that you love, research a topic that you want to write about, write a graphic novel, write your teacher a letter.</p>
11:15 am - 12:00 am	<b>Creative Time:</b> Draw, paint, color, build with legos, 3-D art, build a fort
12:00 pm - 1:00 pm	<b>Lunch:</b> Take time to eat. Include physical activity during this time. Bike Ride, Walk, Bubbles, Side Walk Chalk, Outdoor Games
1:00 pm - 1:30 pm	<p><b>Choice Time:</b> Spend time focusing on something that interests you.. At 1:00 on weekdays, Mo Williams will be doing Lunch Doodles. <a href="#">Lunch Doodles with Mo Willems</a></p>
1:30 pm - 2:15 pm	<p><b>Math Time:</b> Use the SPSP 3-5 Resource Page to practice and learn new skills.</p> <p>Work on a big table puzzle together.</p>
2:15 pm - 2:45 pm	<b>Science/Social Studies:</b> Use the <a href="#">SPSD Home Learning Resources</a> , think about a place in the world you would like to learn more

	about and research it, do a science experiment at home and write about it.
2:45 pm - 3:30 pm	<b>Afternoon Outdoor/Active Time:</b> Ride bikes, shoot baskets, walk, do something active inside
3:30 pm - 9:00 pm	<b>Personal Time:</b> Use this time to finish chores, spend time with your family, "Face-Time" friends, go outside, exercise, "Online Game" with friends, work on passions, eat dinner, and relax.
9:00 pm	<b>Lights Out:</b> Get a good night's sleep.