

Sample Learning Schedule: Grades 6-9

Work together with your child to create a flexible schedule, allowing him/her choice in the variety of activities and times throughout the day. The schedule should consider the following blocks of time.

Activity	Amount of Time	Examples
Reading, Writing and Math	90 minutes per day or 7.5 hours per week. This could be broken into 2 -1 hour blocks of time, 4 - half hour blocks of time, etc.	<ul style="list-style-type: none"> ● Work assigned by the teacher in the areas of reading, writing and math. ● Meeting online or over the phone with the teacher as scheduled. <i>*once a week or every second week as predetermined with parent and teacher</i>
Other Content Areas science, social studies, arts ed., etc.	30 minutes per day or 2.5 hours per week	<ul style="list-style-type: none"> ● Work assigned by the teacher ● Meeting online or over the phone with the teacher as scheduled. <i>*once a week or every second week as predetermined with parent and teacher</i>
Wellness (physical activity, snack, brain breaks)	2 or 3 times a day (15 to 30 minutes)	<ul style="list-style-type: none"> ● Take a walk ● Have a snack ● Play a game outside ● Dance ● Stretch ● Yoga ● Sports
Socialization	2 or 3 times a day (30 minutes)	<ul style="list-style-type: none"> ● Facetime or meet online with friends and family ● As a family, play a board game, card game, or backyard games ● Meet with clubs virtually ● Social media
Optional: Enrichment or Additional Activities	Varies depending on the joint interests of parents and child and time available	<ul style="list-style-type: none"> ● Silent reading with conversation to follow ● Watch an educational program ● Take a virtual tour ● Create - cooking, art materials, building, music, etc. ● Play or learn a musical instrument ● Listen to an audiobook or podcast ● Self-paced projects based on areas of interest ● Write a letter or journal ● Puzzles (Sudoku, wordsearch, crossword) ● COVID-19 Adventure Journal Writing ● Identify a mentor (grandparent or neighbour) to talk to on the phone